TR1140, TR1160, TR1180

OWNER'S MANUAL

IMPORTANT：

For maximum effectiveness and safety, please read this owner's manual before using your BodyCraft treadmill.　Retain this owner's manual for future reference.

IMPORTANT SAFEGUARDS

Read all instructions before using this equipment.

CAUTION:

Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. It is the responsibility of the owner to be sure that all users of this treadmill are informed of all warnings and precautions.

2. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, outdoors or near water.

3. Keep pets and small children away from the treadmill at all times.

4. Never start the treadmill while you are standing on the walking belt.

5. Always hold the handrails while using the treadmill.

6. The treadmill is capable of high speeds. To avoid sudden jumps in speed, adjust the speed in small increments.

7. Regularly inspect and tighten all parts of the treadmill. Keep hands away from all moving parts.

8. When folding or moving the treadmill, make sure that the safety lock is fully engaged. Please refer to the folding instructions pages of this manual for safety lock operation.

9. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Do not remove the motor cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

10. Keep all electrical components, such as the motor and power cord, away from water or other liquids to prevent shock. Do not set anything on the handrail, computer console or belt. Never place liquids on any part of the unit.

11. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation, simply reinsert the safety key into the console.

IMPORTANT SAFEGUARDS

12. Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

13. Wear the proper exercise clothing and shoes for your workout. Do not wear loose clothing or shoes with leather soles or heels. Be sure to tie long hair back.

14. Keep all loose clothing and towels away from running surface. The belt will not stop immediately if an object becomes caught in the rollers or belt. Should an object become caught, turn the unit off immediately.

15. Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Only step onto the running surface only when the treadmill is running at a very low speed. Do not step off the treadmill while the belt is moving.

16. To get on or off the running surface, straddle the running surface by standing on the right and left plastic platforms on each side of the belt. Use this procedure before starting the belt (to begin your workout) and after it has stopped (at the end of your workout).

17. Never attempt to turn around while on the treadmill with the belt running. Keep your head and body facing forward at all times.

18. Never turn on the treadmill while someone is standing on the running surface.

19. Do not rock the treadmill, stand on the handrails or computer console at any time.

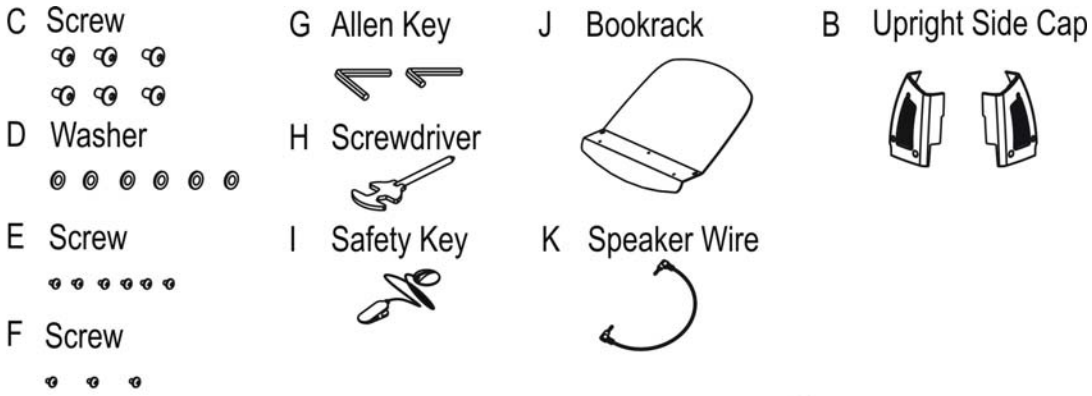
20. Be careful not to over exert yourself during your workout. Stop your workout immediately, if you feel any pain or discomfort. Consult your physician immediately.

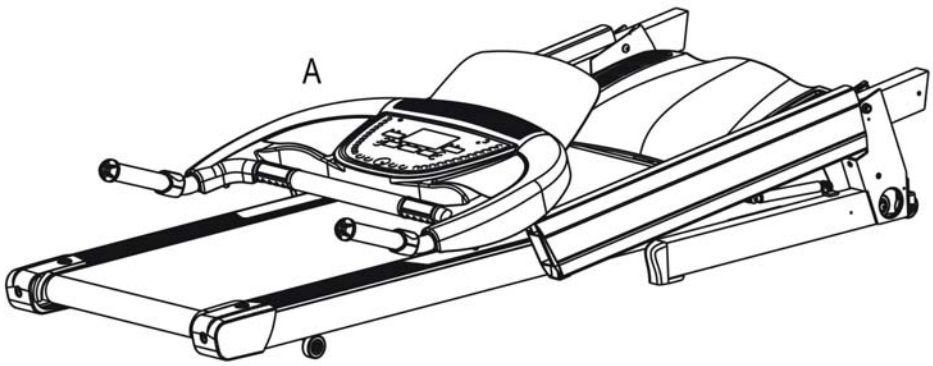
21. Do not modify or attempt any service on the treadmill yourself other than assembly and maintenance described in this manual.

ASSEMBLY INSTRUCTIONS

STEP 1

Do not move the treadmill out of the box until unit is assembled. Collapse box bottom and lay sides down before assembly.

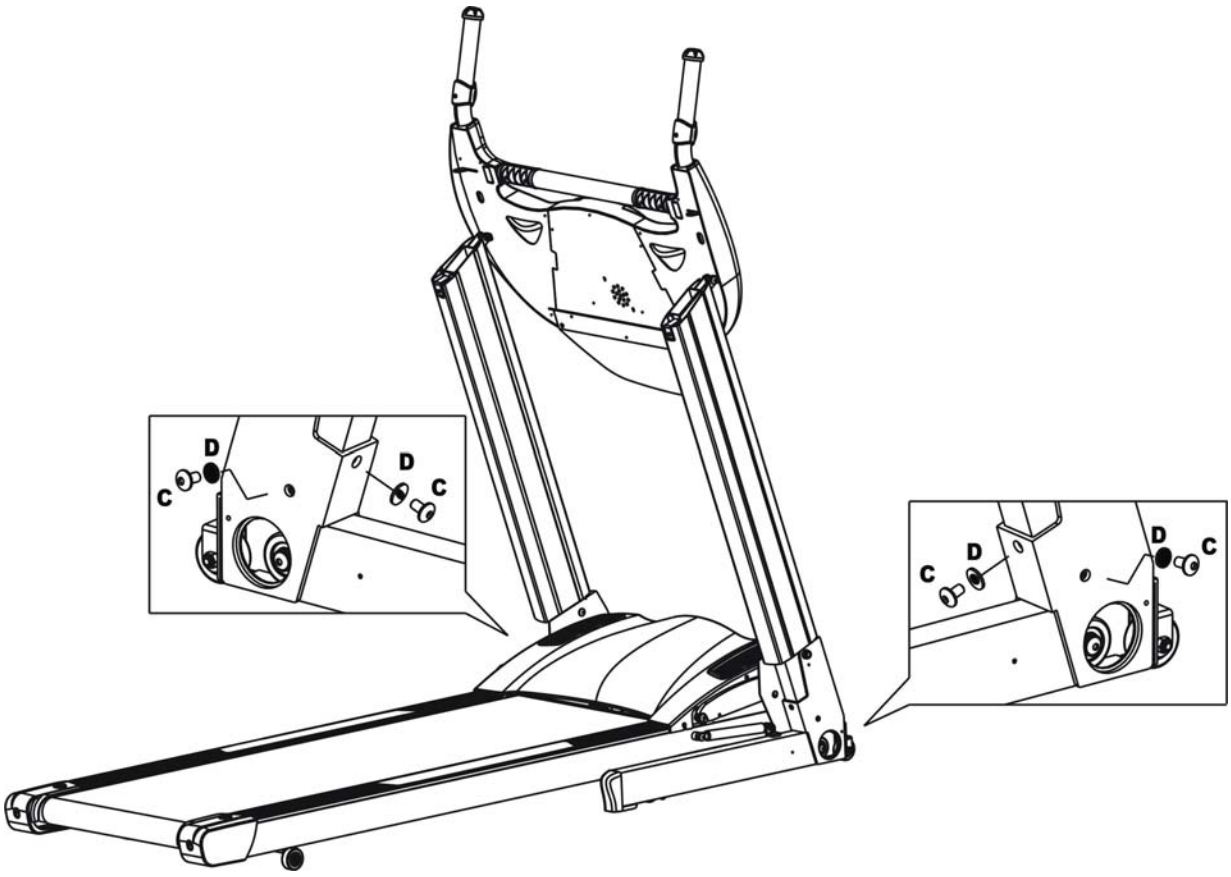




Part #	Description	Q'TY
A	Main Frame & Computer	1
B	Upright Side Cap	2
C	Screw	6
D	Washer	6
E	Screw	6
F	Screw	3
G	Allen Key	2
H	Screwdriver	1
I	Safety Key	1
J	Bookrack	1
K	Speaker Wire	1

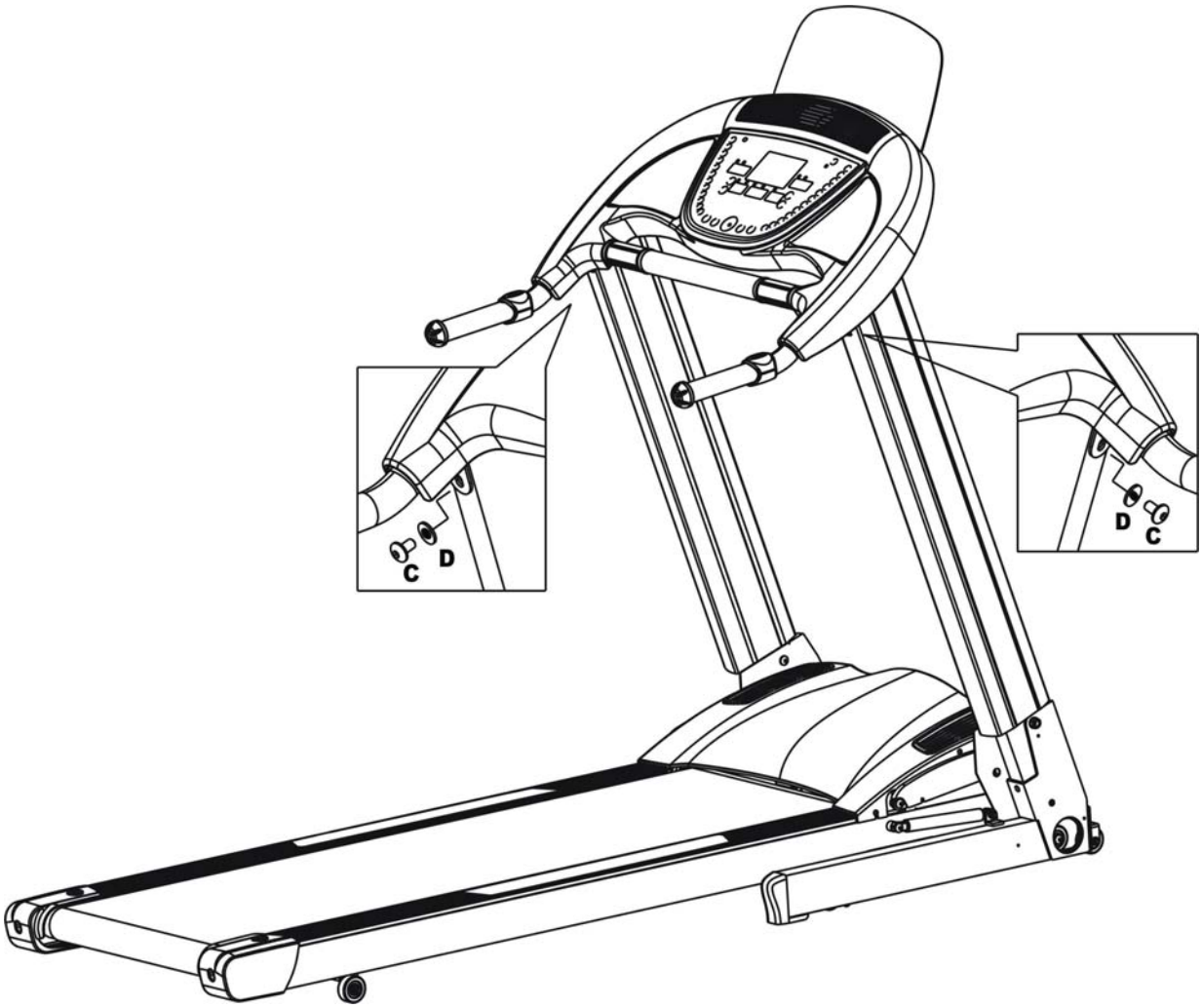
STEP 2

Lift up the upright handlebar, then fasten the screws (C) and washer (D) tightly at the bottom of the upright handlebar. (Figure 2)



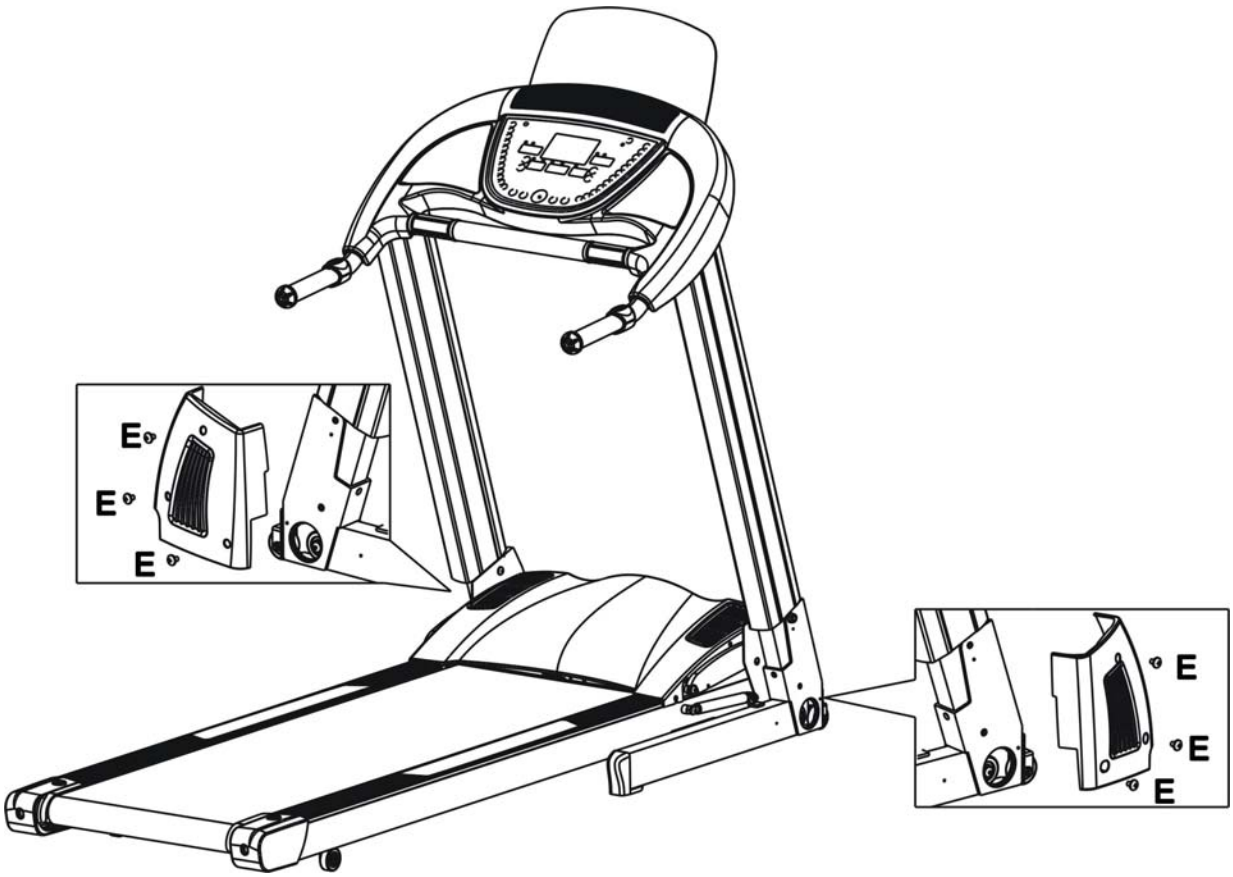
STEP 3

Attach the console to the upright by pressing both handlebars down.
Place the washers (D) and screws (C) on the handlebar as shown in Figure 3.



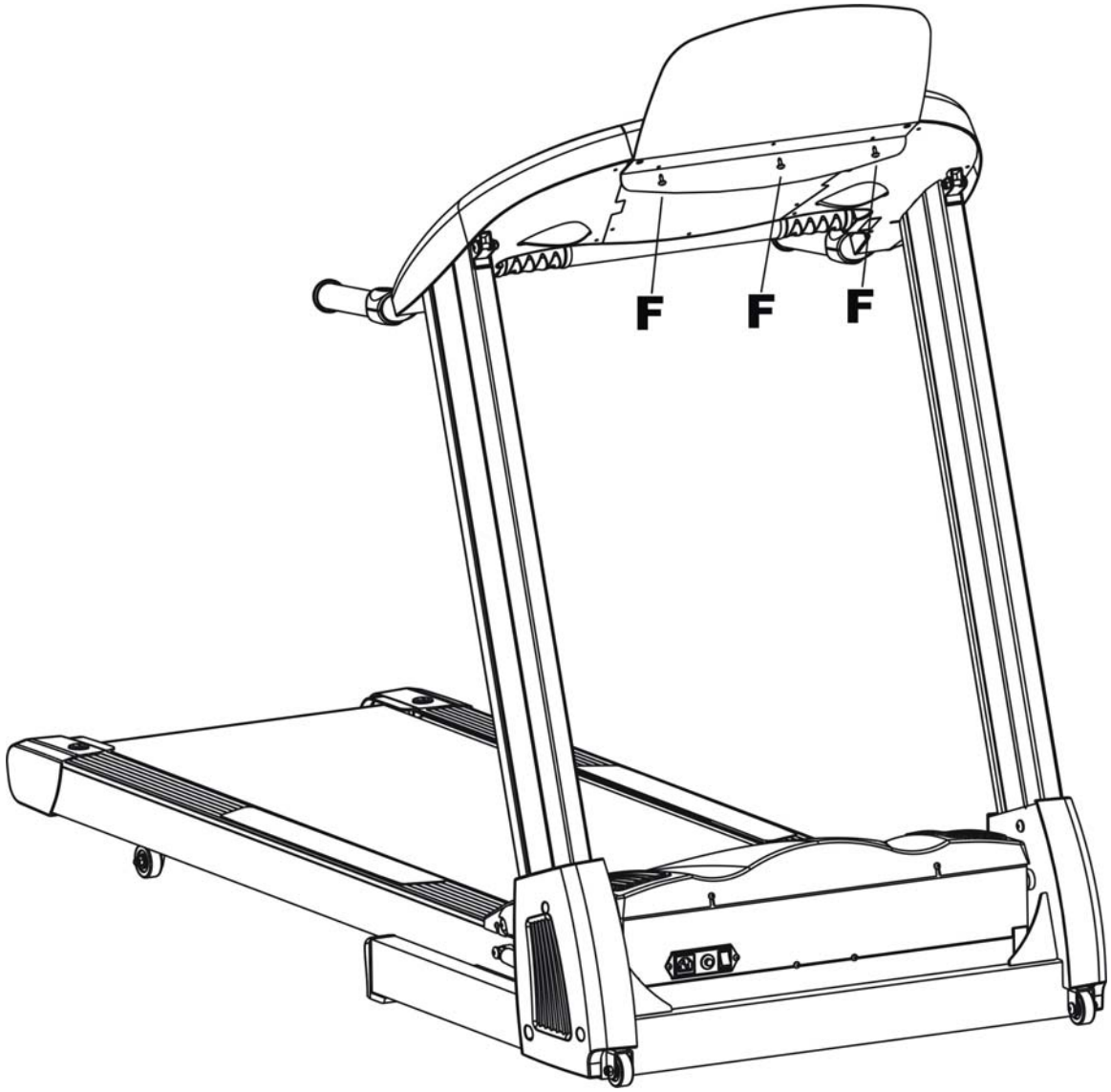
STEP 4

Attach upright side cap (B) with screws (E) at the bottom of the upright handlebar, and tighten them well. (Figure 4)



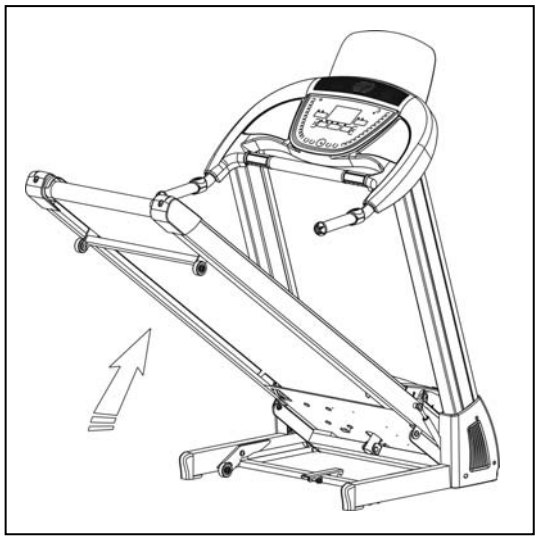
STEP 5

Attach book rack (J) with screws (F) at the bottom of the computer, and tighten them well. (Figure 5)



MOVING AND STORAGE

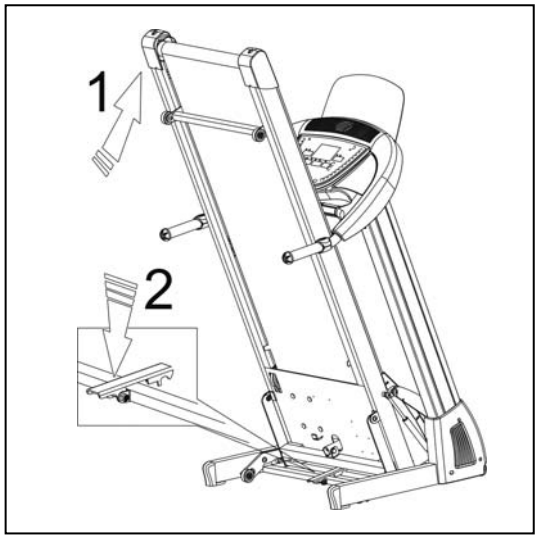
FOLDING



After assembly is complete, you may fold the machine into the upright position for storage.
To fold the machine, raise the deck until it locks into position.

NOTE! Make sure you hear the click sound of the deck locking into position. This is to ensure the deck is locked in place and will not drop back down.

NOTE! Make sure the treadmill's elevation is at lowest position before folding the deck. If the elevation is not at lowest position, folding will damage the mechanism.

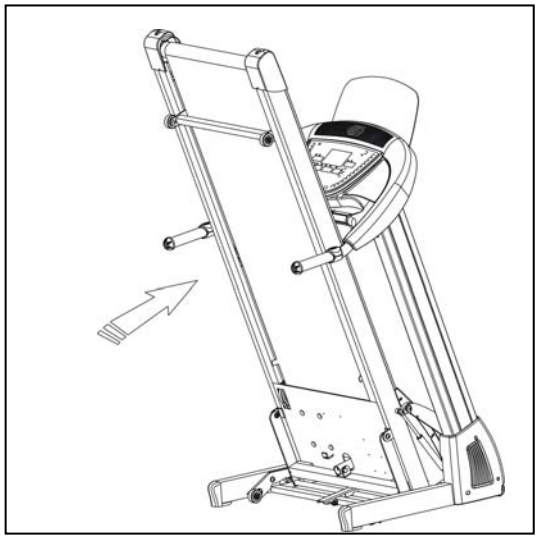


TO RELEASE THE DECK

1. PUSH THE DECK UP AND FORWARD.
2. PUSH LOCKING LEVER DOWN WITH YOUR FOOT.

NOTE! This machine has a built-in safety unfolding feature to help the deck lower slowly. Please make sure there are no children or other things under the deck when you lower it.

TO MOVE THE TREADMILL



Before moving the treadmill, be sure the power cord is unplugged from the wall and the treadmill. Fold up the deck until it is locked and push the treadmill on the transportation wheels. Hold the handlebars to move the treadmill.

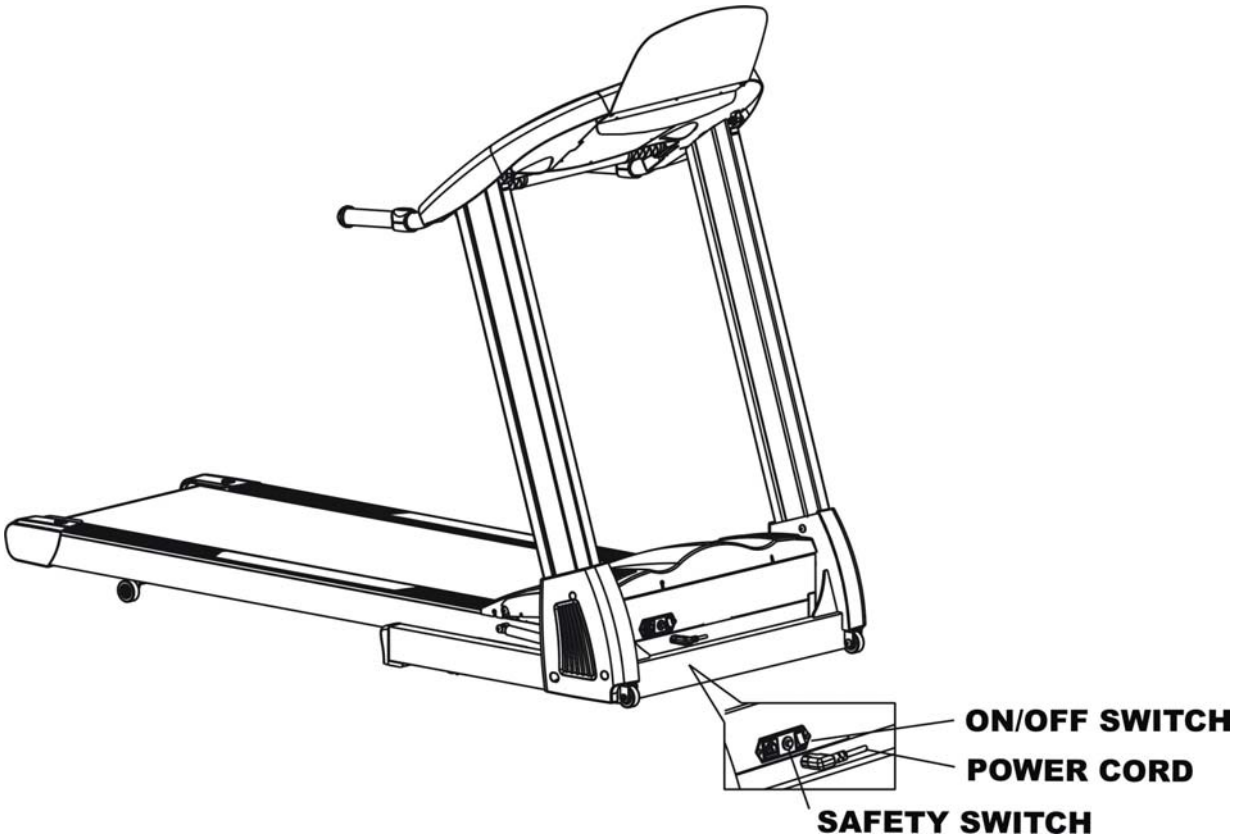
To prevent malfunction of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.

CAUTION

***** THE TREADMILL CIRCUIT BREAKER WILL SHUT OFF POWER WHEN THE ELECTRIC CURRENT IS OVERLOADED.**

A. Pull out the plug from the electrical socket on the front of the treadmill.
B. Push in the circuit breaker switch.
C. Insert the plug back into the electrical socket.

Note：Do not push in the circuit breaker switch before you pull out the plug from the treadmill.



BELT ADJUSTMENT

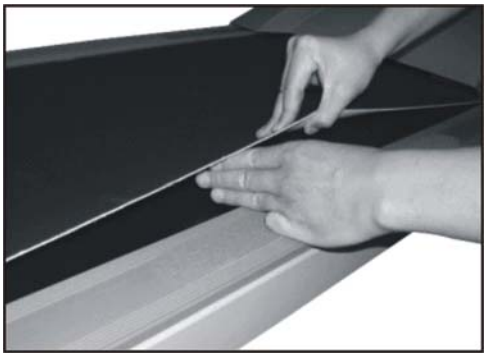
NOTICE :

The treadmill should be placed on a level surface. If the treadmill is not level, the belt will continuously track to low side of the treadmill.

WALKING BELT TENSION

As walking belts tend to stretch slightly with use, the belt may occasionally need to be tightened. If belt is too loose, you may find the belt stops while running or walking, while the motor continues to run. DO NOT OVERTIGHTEN THE BELT. This will cause reduced motor performance and roller damage.

When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7.5 centimeters). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.



To tighten belt:

Using the hex key provided with the treadmill, place it in the hole in the left rear end cap and into the socket of the adjustment screw. Turn one full turn clockwise. Then place the hex key in the hole in the right rear end cap and turn one full turn clockwise. Check the tension of the belt. Continue to do this until the belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.

BELT ADJUSTMENT

WALKING BELT CENTERING

The walking belt may occasionally need to be centered. First be certain that the belt is tensioned properly. Start the treadmill and run it at about 4 mph. Place the hex key through the hole in the left rear end cap and into the socket of the adjustment screw. (See picture below)

1. If belt has moved too far to the right:
   Turn the left adjustment screw ½ turn counter clockwise. Let the treadmill run for 30 seconds and the belt should move to the left. If it still is too far to the right, turn the left adjustment screw an additional ½ turn. Repeat as needed.

2. If belt has moved too far to the left:
   Turn the left adjustment screw ½ turn clockwise. Let the treadmill run for 30 seconds and the belt should move to the right. If it still is too far to the left, turn the left adjustment screw an additional ½ turn. Repeat as needed.

Continue to run the treadmill 3 minutes to ensure the belt has been centered. Make any adjustments as needed.

MAINTENANCE

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING OR SERVICING THE UNIT.

CLEANING

General cleaning of the treadmill will prolong the life of the treadmill and improve performance. Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belt and also the side rails.

For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust and debris away from your treadmill's critical components. Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

WALKING BELT AND DECK LUBRICATION

It's important to take good care of your treadmill deck (the walking surface underneath the belt), because the belt/deck friction may affect the function and life of your treadmill and requires periodic lubrication.

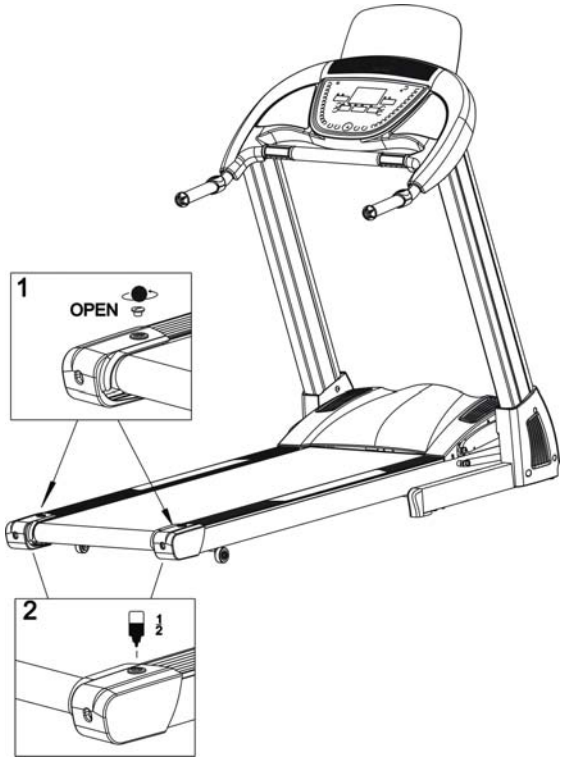
Your treadmill belt has been lubricated at the factory, but periodic lubrication will extend the life of your treadmill belt, board, and electrical components. We recommend the following lubrication schedule based on weekly usage:

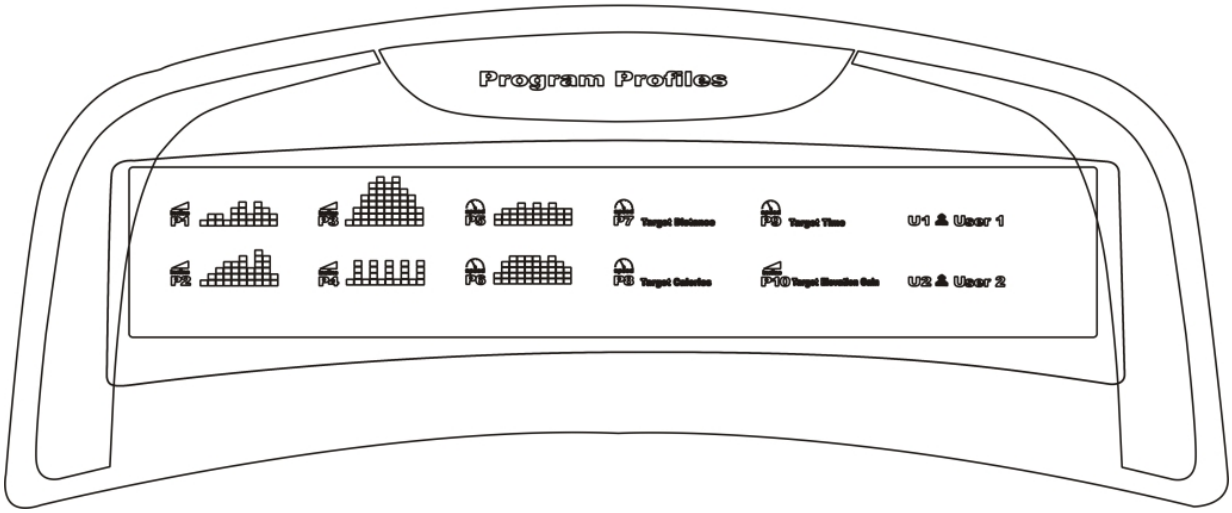
Type of user	Exercising hours per week	Number of times
Light user	less than 3 hours	Annually
Medium user	3-5 hours	Every six months
Heavy user	More than 5 hours	Every three months

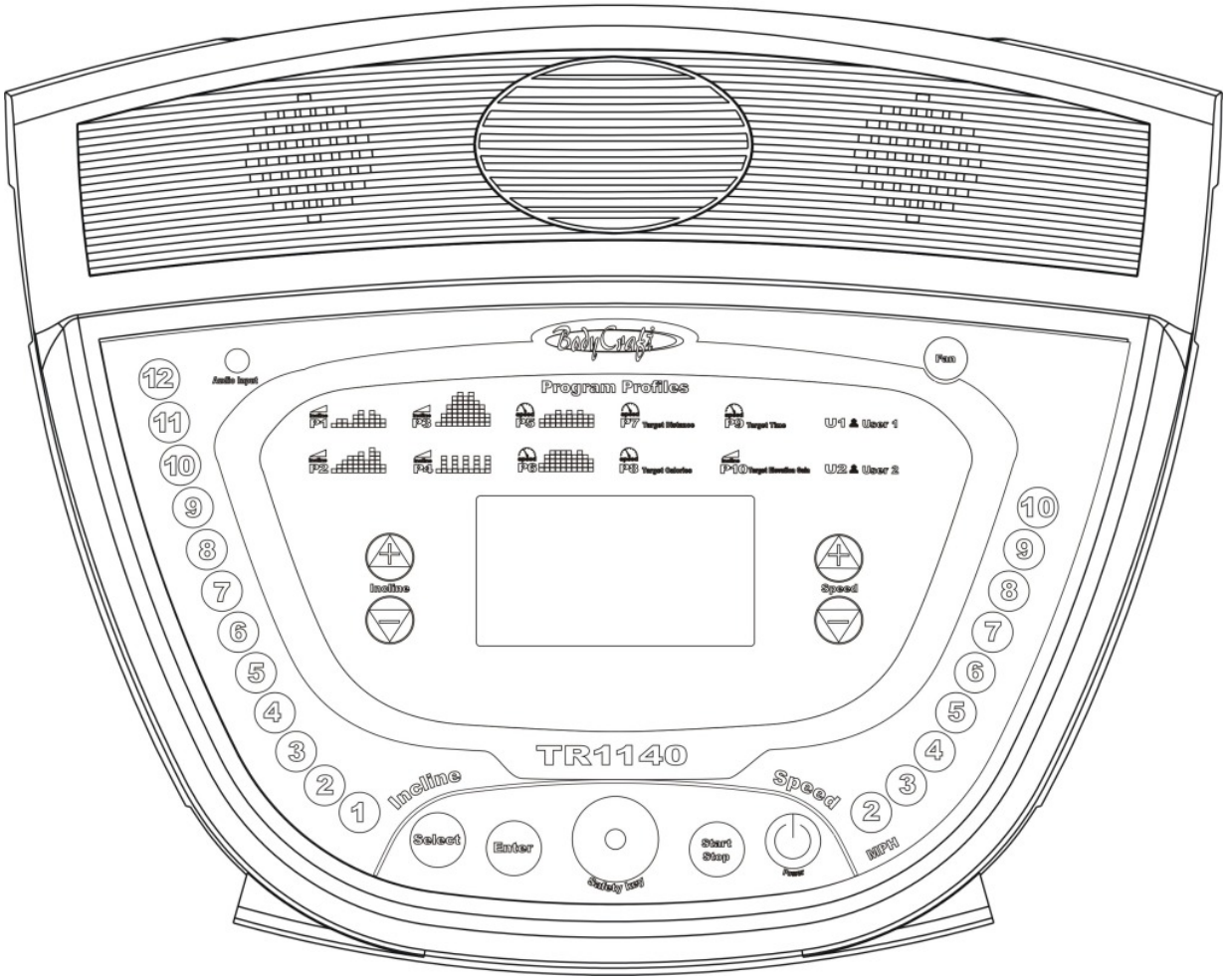
LUBRICATION APPLICATION

1. Use a coin to open the tank covers on the end caps. Put ½ the lubrication bottle that is in the spare parts box into the left tank, and ½ the lubrication in the right tank. Replace the tank covers.

2. Start the treadmill and set the speed at 2.5 mph. Let the belt run for about 15 minutes in order to spread the lubrication on the underneath side of the belt.




Program Profiles
U1 User 1
U2 User 2


Program Profiles
U1 User 1
U2 User 2
Incline
Speed
TR1140
Incline
Speed
Select
Enter
Start
Stop
MPH

BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the rope to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you become comfortable.

KEY FUNCTIONS

Safety Key: The monitor can be operated only with the key attached to the treadmill. The monitor shuts off and the treadmill stops when this key is removed.

Major Function Keys:

POWER:

This key brings power to the treadmill and must be pressed before any other key.

START/STOP:

Starts or stops the treadmill belt.

ENTER:

This key confirms the selection of a program and also confirms the speed and incline values during the setting of a user program.

SELECT:

Press this key to choose one of the preset or user programs. The program that is chosen is indicated in the dot matrix.

SPEED +:

Increases the speed. Pressing once increases the speed 0.1 mph. Pressing and holding for two seconds will increase the speed faster. This button is also used to scroll the programs.

SPEED -:

Decreases the speed. Pressing once decreases the speed 0.1 mph. Pressing and holding for two seconds will decrease the speed faster. This button is also used to scroll the programs.

INCLINE +:
Increases the incline. This button is also used to scroll the programs.

INCLINE -:
Decreases the incline. This button is also used to scroll the programs.

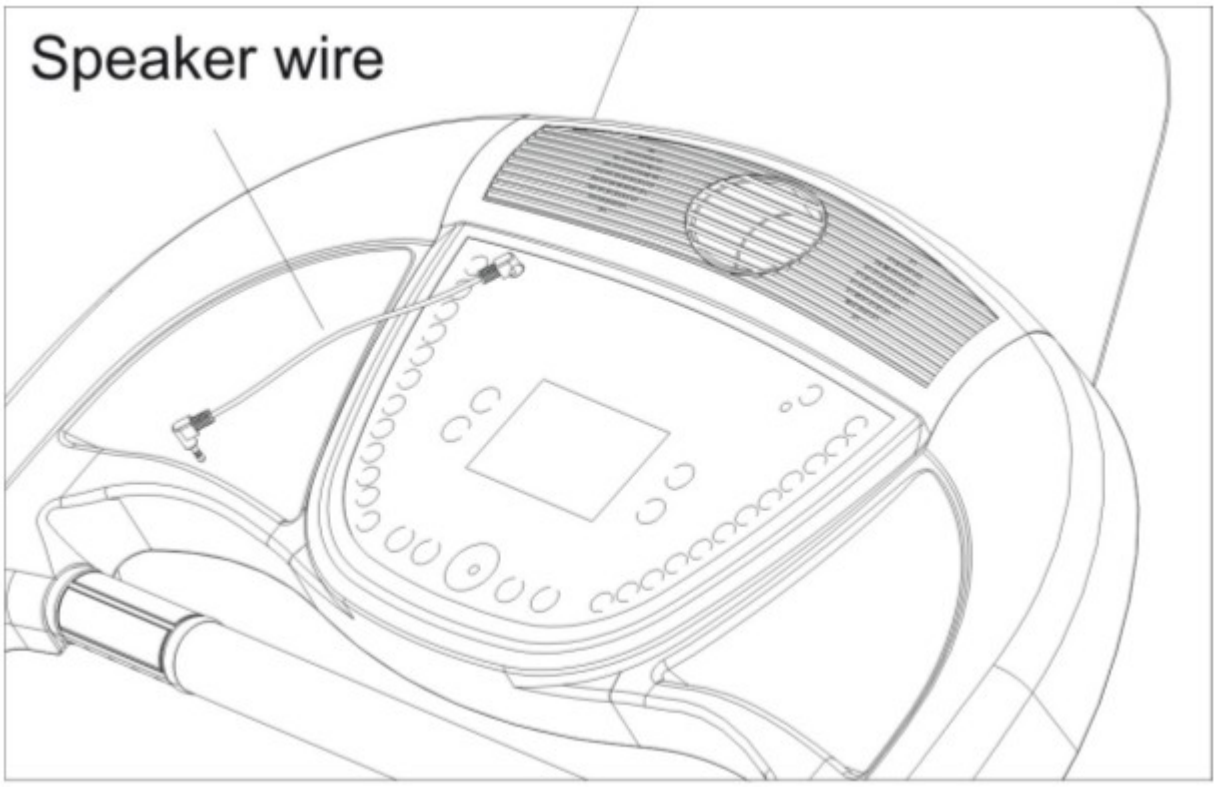
SPEED QUICK KEYS 2 – 10 MPH:
Pressing these keys gradually changes the speed to that value.

INCLINE QUICK KEYS 1 – 12 %:
Pressing these keys slowly changes the incline to that value.

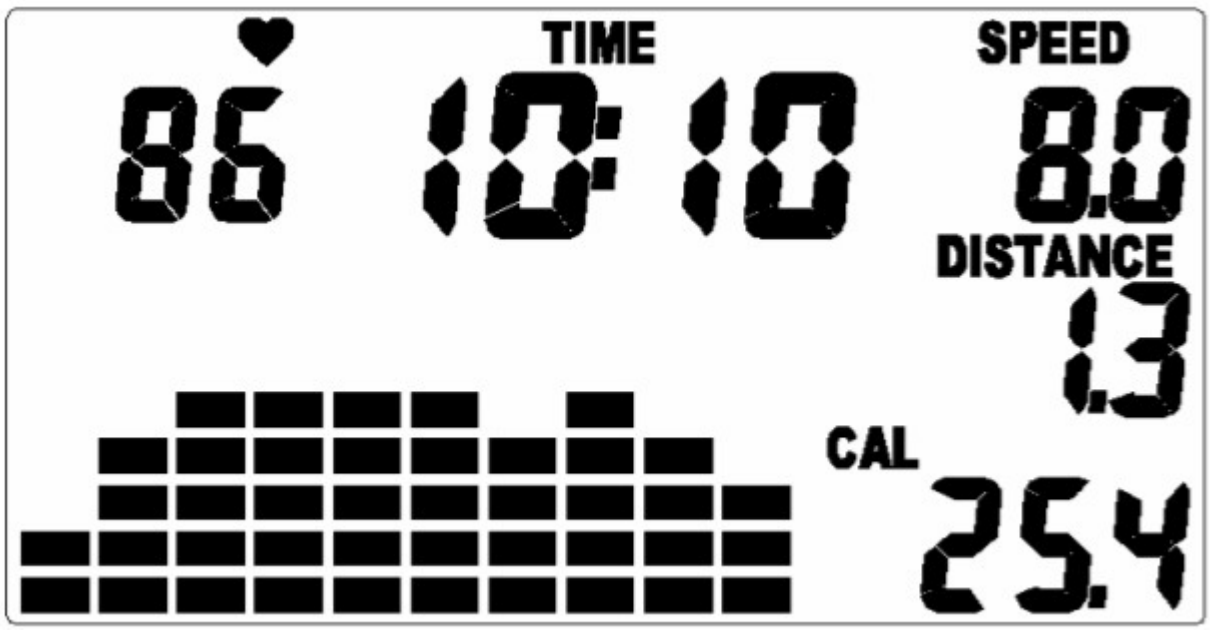
FAN:
Turns the fan on/off.

SPEAKER FUNCTION

The user can connect a MP3 or IPOD with the internal speakers using the included speaker wire.



LCD DISPLAY



DISPLAYS

DOT MATRIX:

The 8 X10 dot matrix reflects incline on the elevation programs (Program 1-4) and speed on the speed programs (Program 5-6) and the user programs. On programs 7-10 and in the manual mode, the dot matrix displays a 400 meters running track.

INCLINE/PULSE:

Displays pulse rate except when elevation is changed or SELECT key is pressed. To get a pulse rate, place both of your hands on the pulse grip bars. It is recommended to straddle the walking belt to get an accurate reading. If you are walking or jogging, it is difficult for the monitor to accurately read your pulse rate. Elevation range is from 0% to 12%.

TIME:

Shows Workout Time. Time begins at 00:00 and counts up. The maximum time is 99:59. When the safety key is inserted, this display shows the accumulated distance (odometer) for one second.

SPEED:

Displays the speed the treadmill belt is moving. Speed range is from 0.5 mph to 10 mph.

DISTANCE:

Displays the distance, in miles, the treadmill belt has gone on the current workout.

CALORIES/ELEVATION GAIN:

Displays calories consumed. The calorie calculation is based on a 150 pound person. When SELECT key is pressed during workout, it will display Elevation in meter, the user has climbed during the current workout.

OPERATION INSTRUCTION (Please read carefully before using the treadmill):

Safety Tips:

To Start attach the safety key to the monitor. The treadmill will not operate without the safety key. Please clip the other end of the safety key to your clothing before exercising to ensure the machines will stop in case the user accidentally walks off the treadmill. If the user falls off the treadmill, the safety key will come off the monitor and the treadmill will stop at once to avoid further injury.

Press POWER:

This turns the electronic power on. The treadmill will not start unless POWER is pressed first.

Manual Mode:

If you select to operate the treadmill in manual mode, press START. The treadmill will start at 0.5 mph after a 3,2,1 countdown. You may then adjust the speed and incline using the quick keys or the up/down arrow keys.

Program Mode:

After pressing POWER, choose the desired program by keep pressing SELECT key or after press SELECT then using the speed + - or incline + - keys to choose one of the 12 programs. Note the program layout appears in the dot matrix display. Press ENTER to verify the selection. Press START to begin the program. All programs have ten one-minute segments. The program repeats the ten-minute segments until the user presses STOP.

Programs:

P-1 Rolling Hills: This is an elevation program that goes from 0% to 3% grade. The speed is controlled by the user and the treadmill will start at 0.5 mph. Each minute, the elevation changes.

P-2 Mountain Pass: This is an elevation program that goes from 0% to 5% grade. The speed is controlled by the user.

P-3 Mountain Peak: This is a challenging elevation program that goes from 0% to 7% grade. The speed is controlled by the user.

P-4 Calorie Burn : This is an interval elevation program where the elevation alternates between 0% and 3%. The user controls the speed.

P-5 Walking: This is a speed controlled program that goes up to 3.4 mph, and is an excellent program for intermediate walkers. The user controls the elevation.

P-6 Jogging: This is a speed program that varies the speed up to 4.5 mph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.

P-7 Target Distance: This program counts down the distance goal that the user sets before exercising. After confirming the program, the user enters the distance goal using the speed or incline arrow keys. Increments are 0.5 miles. Press ENTER to confirm the distance goal, press START, the treadmill belt starts and the user controls the speed and incline. The distance will count down in the distance window.

P-8 Target Calories: This program counts down the calorie goal that the user sets before exercising. After confirming the program, the user enters the calorie goal using the speed or incline arrow keys. Increments are 10 calories. Press ENTER to confirm the calorie goal, press START, the treadmill starts and the user controls the speed and incline. The calorie goal will count down in the Calories window.

P-9 Target Time: This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the speed or incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the treadmill starts and the user controls the speed and incline. The time goal will count down in the time window.

P-10 Target Elevation Gain: This program counts down the elevation gain goal that the user sets before exercising. After confirming the program, the user enters the elevation gain goal using the speed or incline arrow keys. Increments are 10 meters. Press ENTER to confirm the elevation gain goal, press START, the treadmill starts and the user controls the speed and incline. The elevation gain goal will count down in the elevation gain window.

U-1/U-2 User Programs: After selecting one of the user programs, press ENTER to confirm. Adjust the speed and incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the monitor will store the value of the speed and incline at the end of each segment and will retain these values.

Metric/Miles:

If you want the treadmill to display the values in kilometers, you can switch to kilometers as follows:

1. During the power ON - manual mode, first hold the ENTER button then press the SELECT button together to enter the Engineering Mode.
2. Calories window shows model no., Speed window shows software version, Incline window shows year. Time window shows date.
3. Press ENTER button – the Incline window shows ISP, Time window shows ISP version, Speed window shows 001, Distance window shows LDU and Calories window shows LDU version.
4. Press ENTER button again to enter KM/MILE switch mode, Press SPEED + - or ELEVATION + - to select KM or MILE.
5. Press ENTER button again and the window will show total distance.
6. Press ENTER button again and the window will show total hours.
7. Press ENTER button to go back to ON position.

Odometer:

An odometer showing accumulated distance will appear in the time window for one second when the safety key is placed on the monitor.

Time-Out:

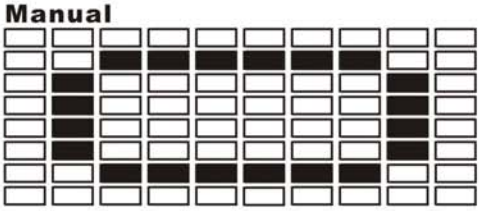
If the treadmill is turned on, and the belt is not moving, the monitor will shut off after five minutes.

Re-start :

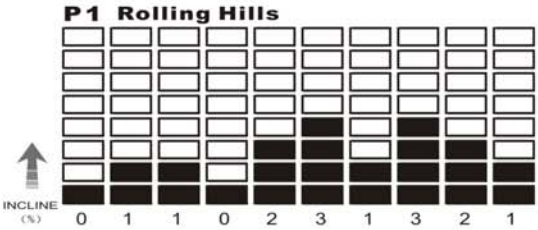
If the treadmill is stopped during use, when the START button is pressed again, the treadmill will ramp-up the speed to where it was stopped. If the treadmill is stopped for 5 minutes or more, Power is lost and the treadmill will have to be re-started.

COMPUTER PROGRAMS

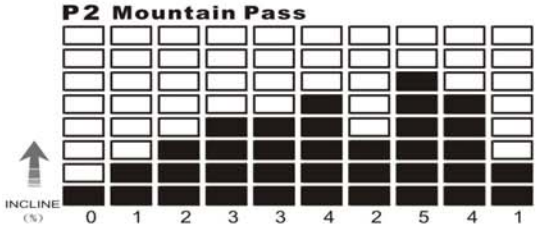
Manual



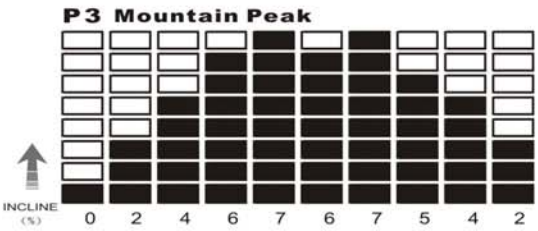
P1 Rolling Hills



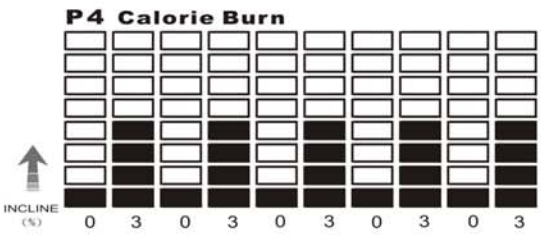
P2 Mountain Pass



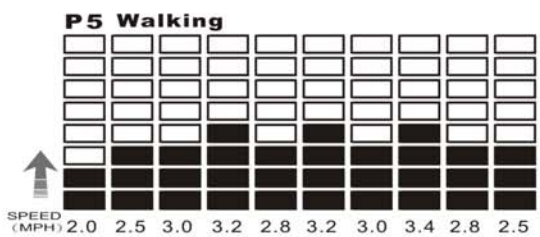
P3 Mountain Peak



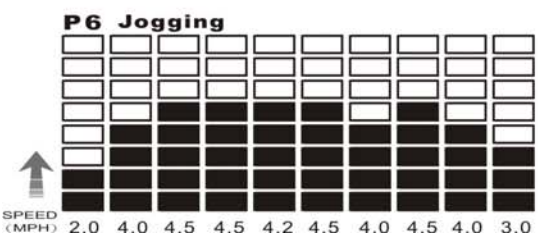
P4 Calorie Burn



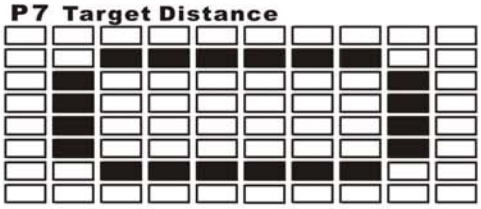
P5 Walking



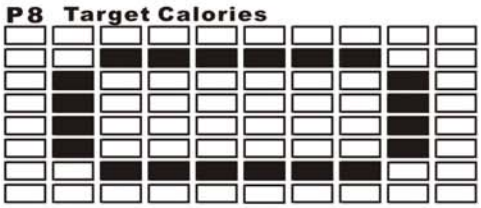
P6 Jogging



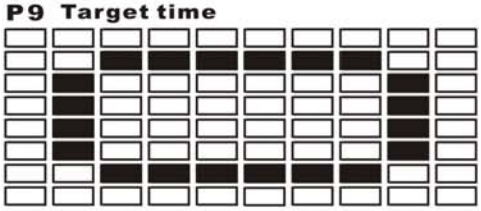
P7 Target Distance



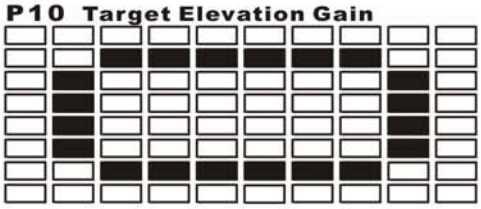
P8 Target Calories



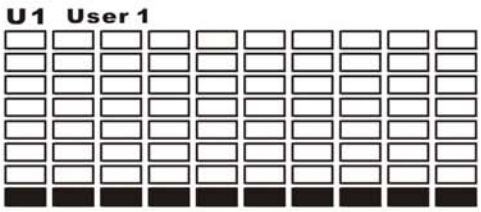
P9 Target time



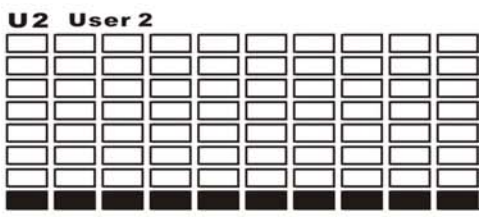
P10 Target Elevation Gain



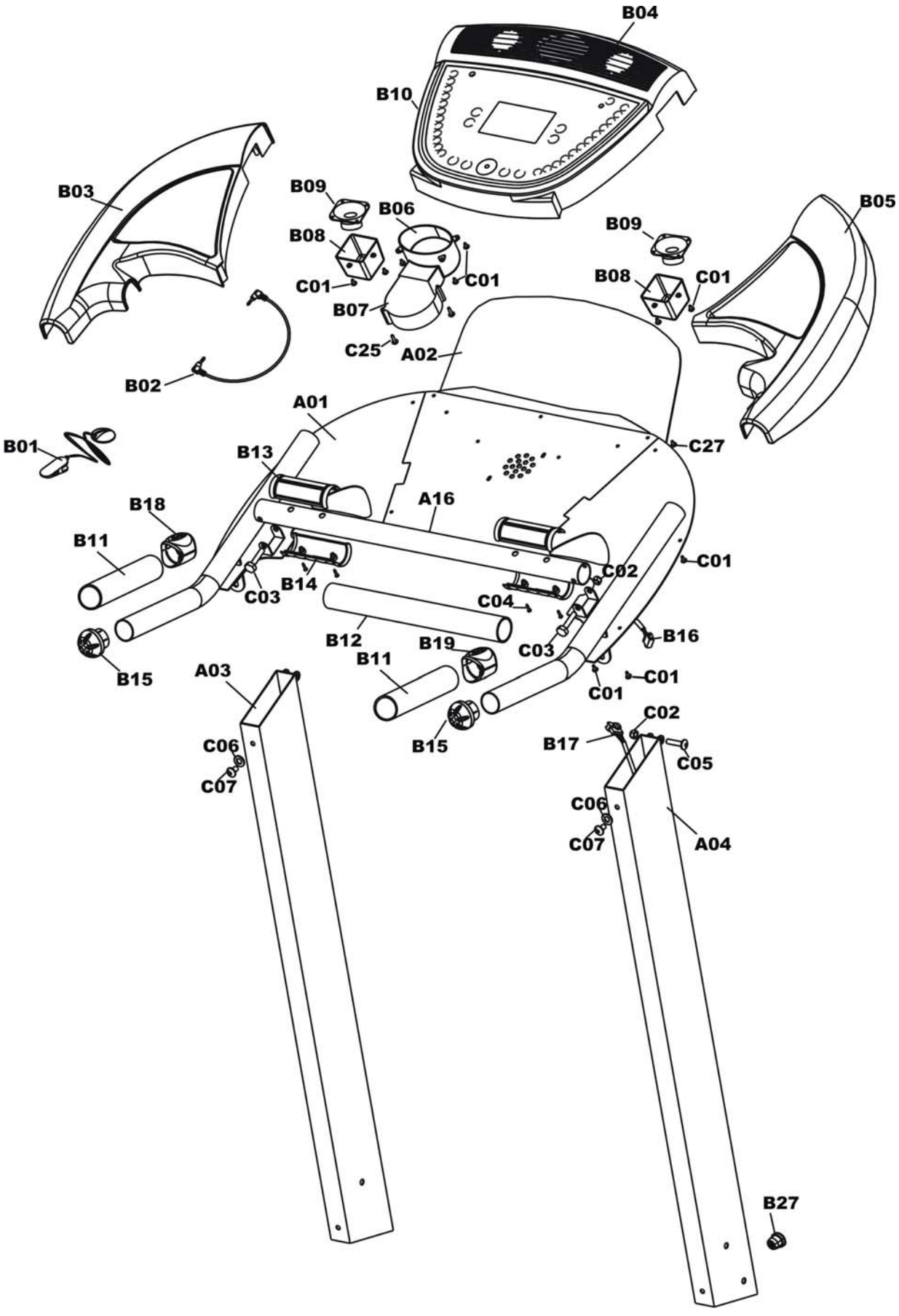
U1 User 1



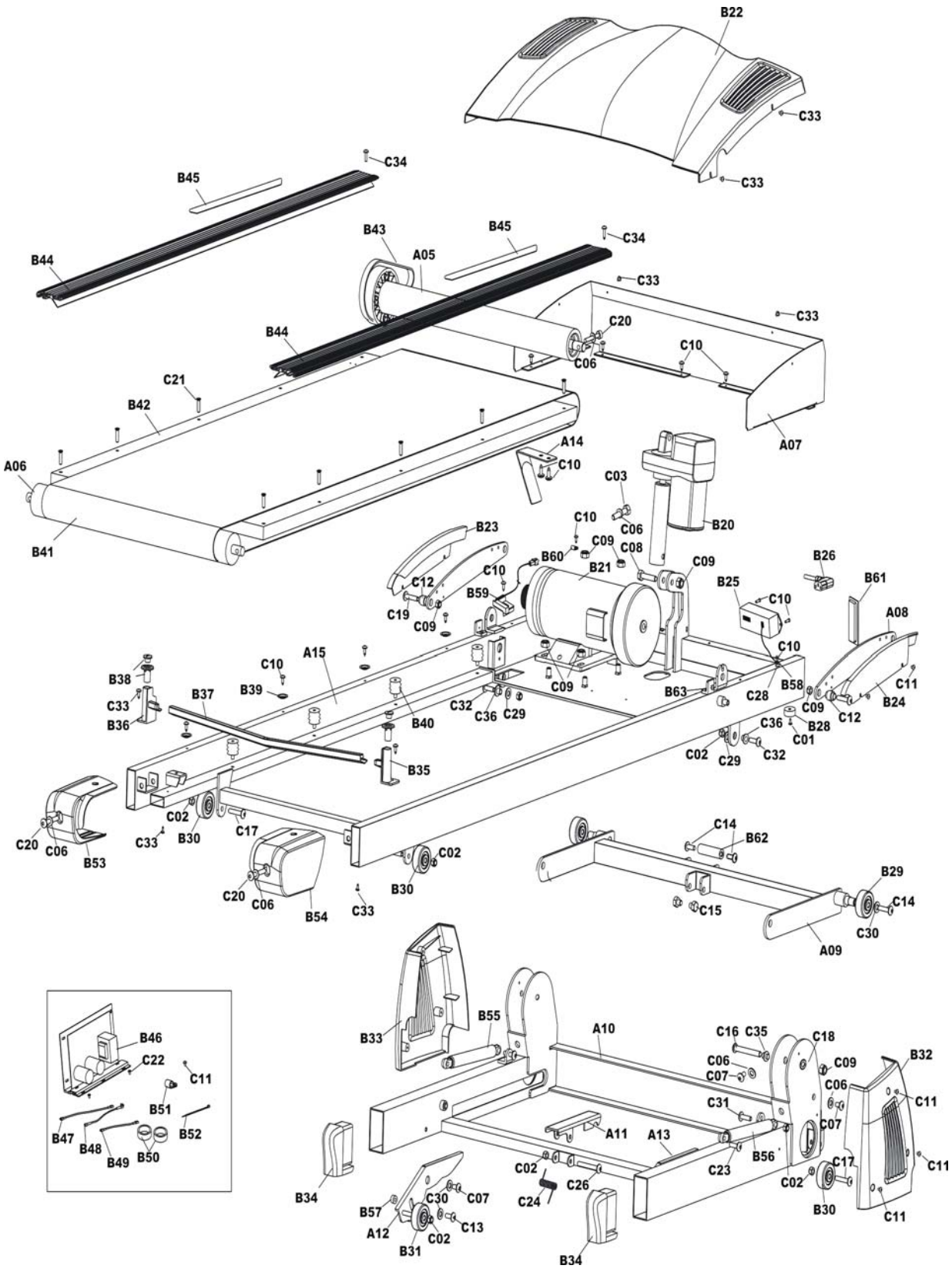
U2 User 2



EXPLODED VIEW



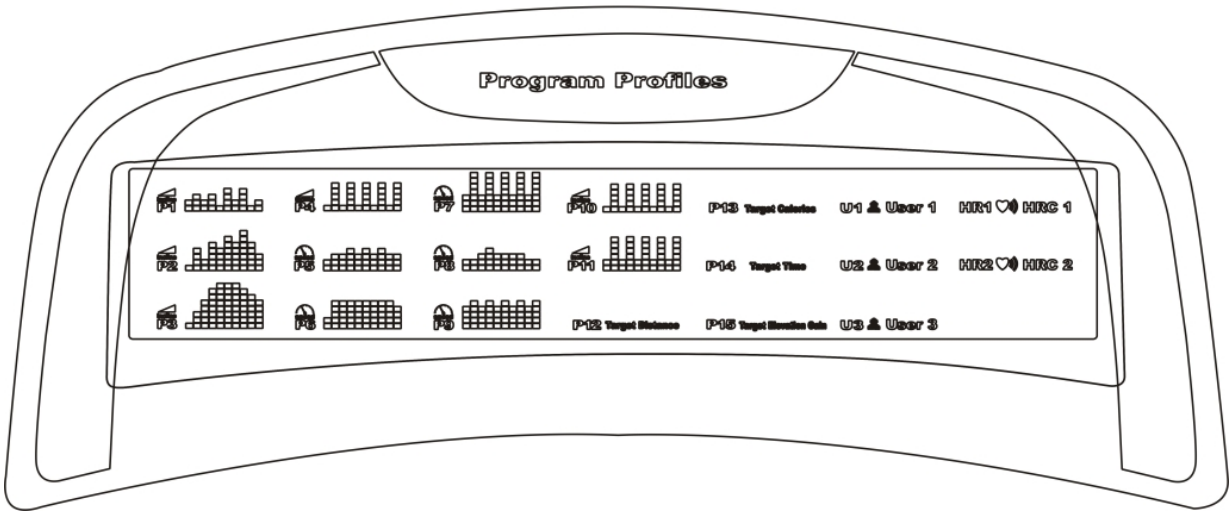
EXPLODED VIEW

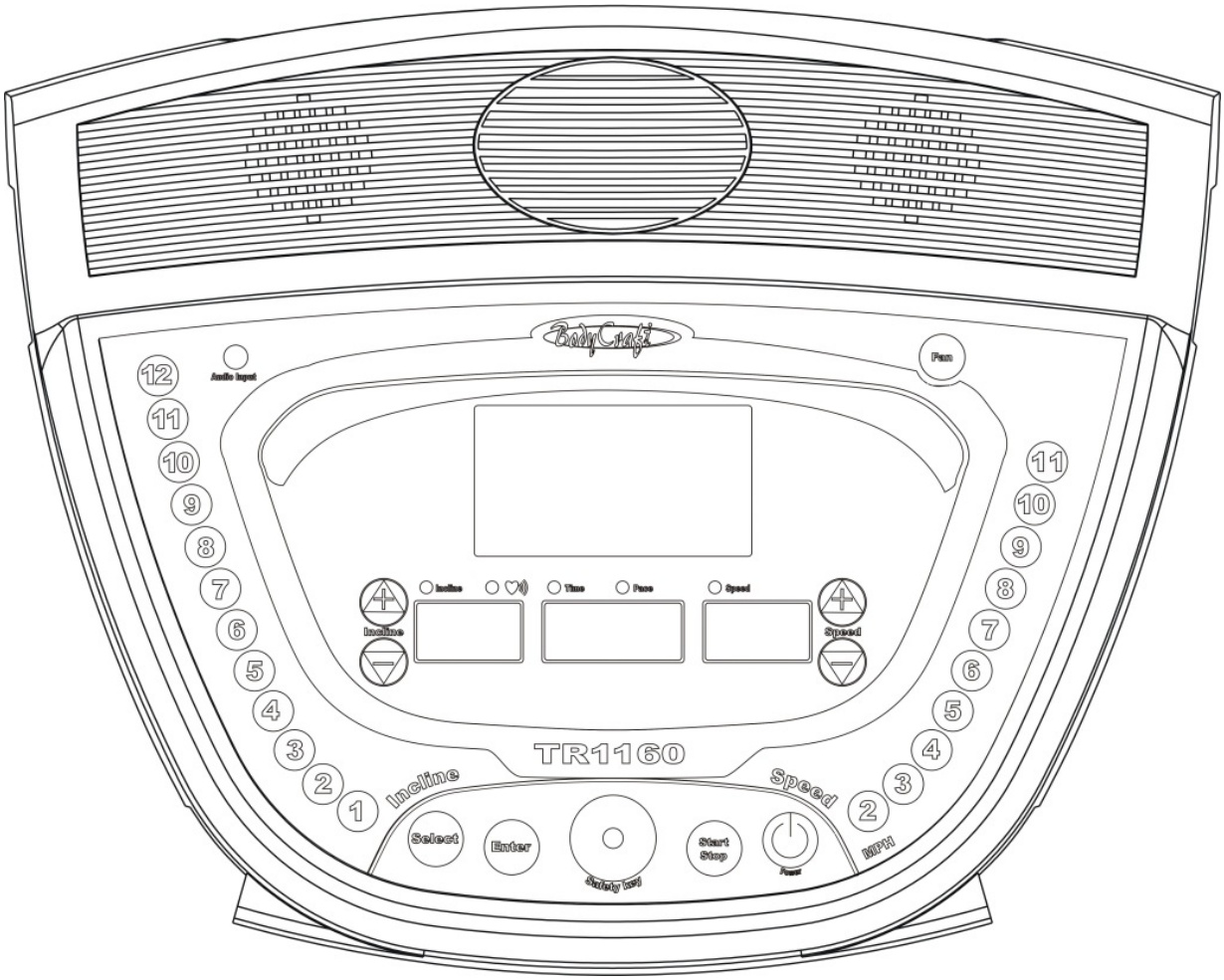


PARTS LIST

A01	CONSOLE BASE	1	B43	MOTOR BELT	1
A02	BOOK RACK	1	B44	SIDE RAIL	2
A03	LEFT UPRIGHT HANDLEBAR	1	B45	SIDE RAIL SKID PAD	2
A04	RIGHT UPRIGHT HANDLEBAR	1	B46	CONTROLLER	1
A05	FRONT ROLLER	1	B47	WIRE	1
A06	REAR ROLLER	1	B48	WIRE	1
A07	FRONT IRON PLATE	1	B49	WIRE	1
A08	ARC BRACKET	2	B50	CHOCK	2
A09	INCLINE BRACKET	1	B51	PLASTIC STAND	2
A10	BASE	1	B52	PLASTIC FIXER	2
A11	FIXER	1	B53	LEFT REAR END CAP	1
A12	LEFT WHEEL BRACKET	1	B54	RIGHT REAR END CAP	1
A13	RIGHT WHEEL BRACKET	1	B55	LEFT SHOCK	1
A14	BELT GUIDE	2	B56	RIGHT SHOCK	1
A15	FRAME	1	B57	PLASTIC WASHER	2
A16	HORIZONTAL HANDLEBAR	1	B58	GROUNDING WIRE	1
B01	SAFETY KEY	1	B59	SPEED SENSOR	1
B02	MP3 WIRE	1	B60	SENSOR PLASTIC CLIP	2
B03	LEFT CONSOLE	1	B61	FRONT END CAP	2
B04	MIDDLE CONSOLE	1	B62	INCLINE TUBE	1
B05	RIGHT CONSOLE	1	B63	MOTOR COVER BRACKET	2
B06	FAN TUBE	1			
B07	FAN	1	C01	SCREW	23
B08	TRUMPET BOX	2	C02	NUT	13
B09	TRUMPET	2	C03	SCREW	3
B10	COMPUTER	1	C04	SCREW	4
B11	HANDLEBAR FOAM GRIP	2	C05	SCREW	2
B12	HORIZONTAL HANDLEBAR FOAM GRIP	1	C06	WASHER	4
B13	HAND PULSE RECEIVER (TOP)	2	C07	SCREW	2
B14	HAND PULSE RECEIVER (BOTTOM)	2	C08	SCREW	1
B15	HANDLEBAR END CAP	2	C09	NUT	11
B16	UPPER WIRE	1	C10	SCREW	26
B17	LOWER WIRE	1	C11	SCREW	16
B18	INCLINE QUICK ACCESS KEY	1	C12	SCREW FIXING TUBE	2
B19	SPEED QUICK ACCESS KEY	1	C13	SCREW	2
B20	INCLINE MOTOR	1	C14	SCREW	10
B21	MOTOR	1	C15	SCREW	2
B22	MOTOR COVER	1	C16	SCREW	2
B23	MOTOR COVER SIDE CAP LEFT	1	C17	SCREW	4
B24	MOTOR COVER SIDE CAP RIGHT	1	C18	START WASHER	2
B25	POWER SWITCH ASSEMBLY	1	C19	SCREW	2
B26	POWER CORD	1	C20	SCREW	3
B27	WIRE GROMMET	1	C21	SCREW	10
B28	SHOCK ABSORBER	2	C22	SCREW	2
B29	INCLINE WHEEL	2	C23	SCREW	2
B30	WHEEL	4	C24	SPRING	1
B31	WHEEL	2	C25	SCREW	2
B32	RIGHT BASE SIDE CAP	1	C26	SCREW	1
B33	LEFT BASESIDE CAP	1	C27	SCREW	3
B34	BASE END CAP	2	C28	WASHER	3
B35	RIGHT OIL TANK BASE	1	C29	WASHER	2
B36	LEFT OIL TANK BASE	1	C30	WASHER	13
B37	OIL PIPE	1	C31	SCREW	2
B38	OIL TANK WITH CAP	2	C32	SCREW	2
B39	PLASTIC WASHER	8	C33	SCREW	10
B40	CUSHION	8	C34	SCREW	2
B41	RUNNING BELT	1	C35	SCREW FIXING TUBE	2
B42	RUNNING DECK	1	C36	SCREW FIXING TUBE	2

OPERATION GUIDE TR1160





BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the rope to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you become comfortable.

KEY FUNCTIONS

Safety Key: The monitor can be operated only with the key attached to the treadmill. The monitor shuts off and the treadmill stops when this key is removed.

Major Function Keys:

POWER:

This key brings power to the treadmill and must be pressed before any other key.

START/STOP:

Starts or stops the treadmill belt.

ENTER:

This key confirms the selection of a program and also confirms the speed and incline values during the setting of a user program.

SELECT:

Press this key to choose one of the preset or user programs. The program that is chosen is indicated in the dot matrix.

SPEED +:

Increases the speed. Pressing once increases the speed 0.1 mph. Pressing and holding for two seconds will increase the speed faster. This button is also used to scroll the programs.

SPEED -:

Decreases the speed. Pressing once decreases the speed 0.1 mph. Pressing and holding for two seconds will decrease the speed faster. This button is also used to scroll the programs.

INCLINE +:
Increases the incline. This button is also used to scroll the programs.

INCLINE -:
Decreases the incline. This button is also used to scroll the programs.

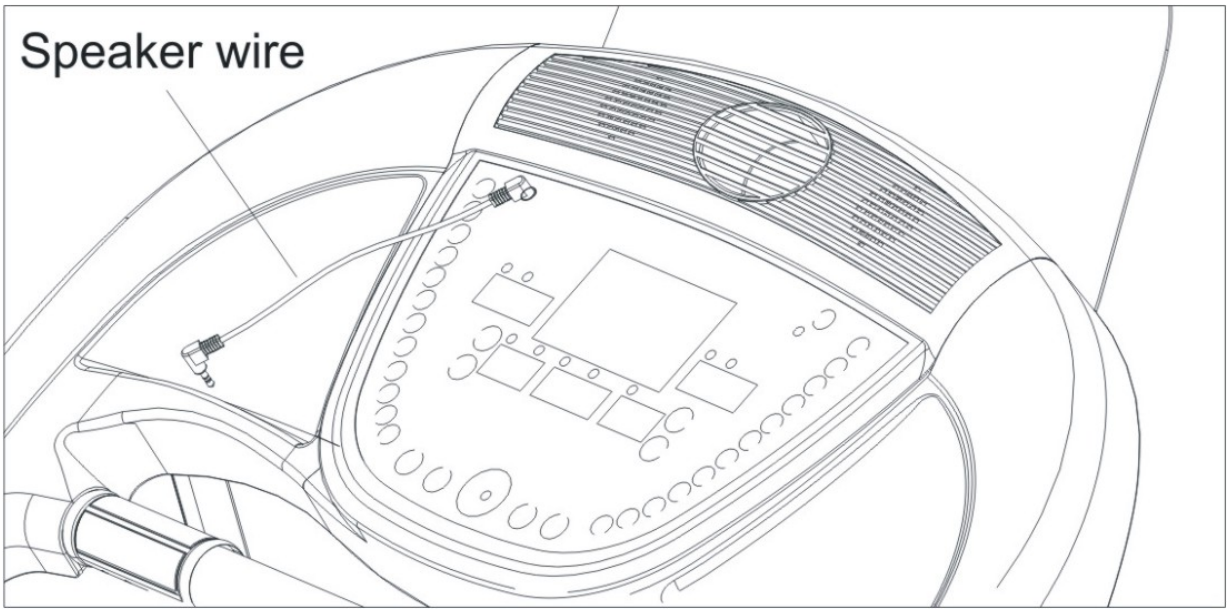
SPEED QUICK KEYS 2 – 11 MPH:
Pressing these keys gradually changes the speed to that value.

INCLINE QUICK KEYS 1 – 12 %:
Pressing these keys slowly changes the incline to that value.

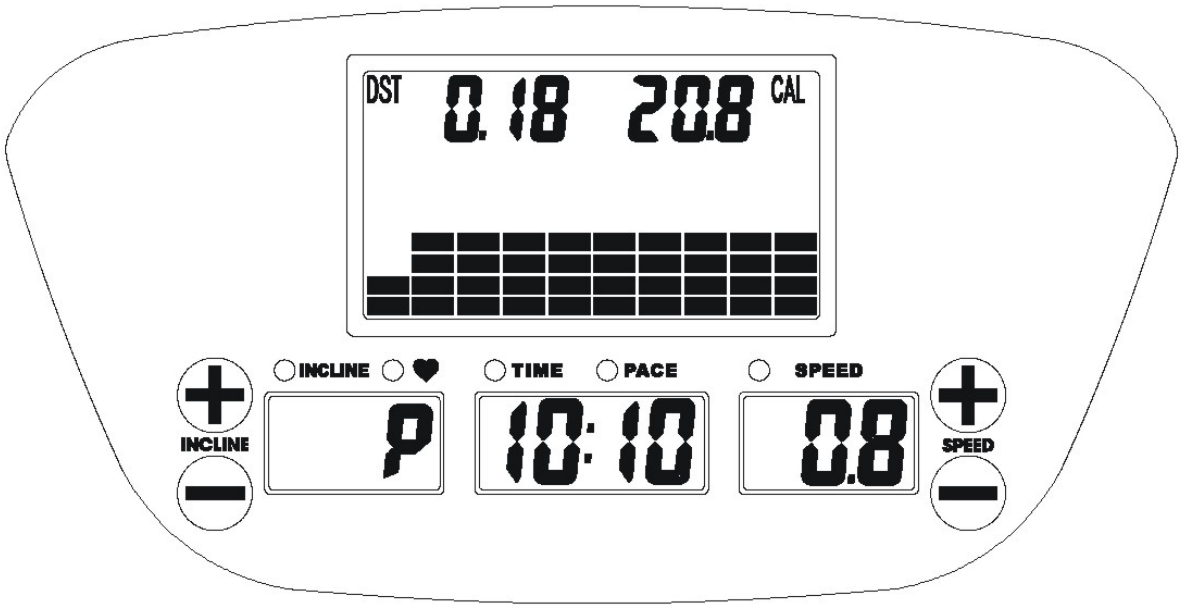
FAN:
Turns the fan on/off.

SPEAKER FUNCTION

The user can connect a MP3 or IPOD with the internal speakers using the included speaker wire.



LCD/LED DISPLAY



DISPLAYS

DOT MATRIX :

The 8x10 dot matrix reflects incline on the elevation programs (Program 1-4, 7, 10-11) and speed on the speed programs (Program 5-6, 8-9) and the user programs. On programs 12-15 and in the manual mode, the dot matrix displays a 400 meters running track.

INCLINE/PULSE :

Displays pulse rate except when elevation is changed. To get a pulse rate, place both of your hands on the pulse grip bars. It is recommended to straddle the walking belt to get an accurate reading. If you are walking or jogging, it is difficult for the monitor to accurately read your pulse rate. Elevation range is from 0% to 12%.

TIME/PACE :

Shows workout Time. Time begins at 00:00 and counts up. The maximum time is 99:59. Pace is minutes per mile and is displayed when the SELECT key is pressed. When the safety key is inserted, this display shows the accumulated distance (odometer) for three seconds.

SPEED :

Displays the speed the treadmill belt is moving. Speed range is from 0.5 mph to 11 mph.

DISTANCE/ELEVATION GAIN :

Displays the distance, in miles, the treadmill belt has gone on the current workout. When SELECT key is pressed during workout, it will display Elevation in meter, the user has climbed during the current workout.

CALORIES/CALORIES PER HOUR :

Displays calories consumed. Estimated calories per hour being consumed is displayed when the SELECT key is pressed.

OPERATION INSTRUCTION (Please read carefully before using the treadmill):

Safety Tips:

To Start attach the safety key to the monitor. The treadmill will not operate without the safety key. Please clip the other end of the safety key to your clothing before exercising to ensure the machines will stop in case the user accidentally walks off the treadmill. If the user falls off the treadmill, the safety key will come off the monitor and the treadmill will stop at once to avoid further injury.

Press POWER:

This turns the electronic power on. The treadmill will not start unless POWER is pressed first.

Enter Weight:

After pressing the POWER key, WT will appear in the dot matrix and the previous user weight will appear in the Calories window. Enter the weight of the user by using the speed or incline arrow keys. Press ENTER to confirm the weight.

Manual Mode:

If you select to operate the treadmill in manual mode, press START. The treadmill will start at 0.5 mph after a 3,2,1 countdown. You may then adjust the speed and incline using the quick keys or the up/down arrow keys.

Program Mode:

After pressing POWER, choose the desired program by keep pressing SELECT key or after press SELECT then using the speed + - or incline + - keys to choose one of the 18 programs. Note the program layout appears in the dot matrix display. Press ENTER to verify the selection. Press START to begin the program. All programs have ten one-minute segments. The program repeats the ten-minute segments until the user presses STOP.

Programs:

P-1 Rolling Hills: This is an elevation program that goes from 0% to 3% grade. The speed is controlled by the user and the treadmill will start at 0.5 mph. Each minute, the elevation changes.

P-2 Mountain Pass: This is an elevation program that goes from 0% to 5% grade. The speed is controlled by the user.

P-3 Mountain Peak: This is a challenging elevation program that goes from 0% to 8% grade. The speed is controlled by the user.

P-4 Calorie Burn : This is an interval elevation program where the elevation alternates between 0% and 4%. The user controls the speed.

P-5 Walking I : This is a speed controlled program that goes up to 3.4 mph, and is an excellent program for intermediate walkers. The user controls the elevation.

P-6 Jogging: This is a speed program that varies the speed up to 4.8 mph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.

P-7 Cardio Burn: This is an interval elevation program that alternates between 2% and 6%. The user controls the speed.

P-8 Walking II : This is a speed controlled program that goes up to 3.5 mph, and is an excellent program for beginner walkers. The user controls the incline.

P-9 Jogging Interval: This is an interval speed program that has alternating rest and work intervals. The defaults are 4.0 mph and 5.0 mph. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

P-10 Hill Interval: This is an interval elevation program that has alternating rest and work intervals. The defaults are 0% and 4%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0 mph. The speed is controlled by the user.

P-11 Mountain Interval: This is an interval elevation program that has alternating rest and work intervals. The defaults are 1% and 5%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0 mph. The speed is controlled by the user.

P-12 Target Distance: This program counts down the distance goal that the user sets before exercising. After confirming the program, the user enters the distance goal using the speed or incline arrow keys. Increments are 0.5 miles. Press ENTER to confirm the distance goal, press START, the treadmill belt starts and the user controls the speed and incline. The distance will count down in the distance window.

P-13 Target Calories: This program counts down the calorie goal that the user sets before exercising. After confirming the program, the user enters the calorie goal using the speed or incline arrow keys. Increments are 10 calories. Press ENTER to confirm the calorie goal, press START, the treadmill starts and the user controls the speed and incline. The calorie goal will count down in the Calories window.

P-14 Target Time: This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the speed or incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the treadmill starts and the user controls the speed and incline. The time goal will count down in the time window.

P-15 Target Elevation Gain: This program counts down the elevation gain goal that the user sets before exercising. After confirming the program, the user enters the elevation gain goal using the speed or incline arrow keys. Increments are 10 meters. Press ENTER to confirm the elevation gain goal, press START, the treadmill starts and the user controls the speed and incline. The elevation gain goal will count down in the elevation gain window.

U-1/U-2 User Programs: After selecting one of the user programs, press ENTER to confirm. Adjust the speed and incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the monitor will store the value of the speed and incline at the end of each segment and will retain these values.

HR-1 Weight Loss Heart Rate Program: The user must wear the heart rate chest strap to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at 65% of maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.5 mph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.

HR-2 Cardio Heart Rate Program: The user must wear the heart rate chest strap to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at 80% of maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.5 mph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.

Metric/Miles:

If you want the treadmill to display the values in kiolmeters, you can switch to kilometers as follows:

1. During the power ON - manual mode, first hold the ENTER button then press the SELECT button together to enter the Engineering Mode.
2. LCD display shows year and date, Time window shows model no., Incline window shows software version.
3. Press ENTER button – LCD display shows LDU and the LDU version.
4. Press ENTER button – Speed window shows ISP, Incline window shows ISP version, Time window shows 0.001.
5. Press ENTER button again to enter KM/MILE switch mode, Press SPEED + - or ELEVATION + - to select KM or MILE.
6. Press ENTER button again and the window will show total distance.
7. Press ENTER button again and the window will show total hours.
8. Press ENTER button to go back to ON position.

Odometer:

An odometer showing accumulated distance will appear in the time window for one second when the safety key is placed on the monitor.

Time-Out:

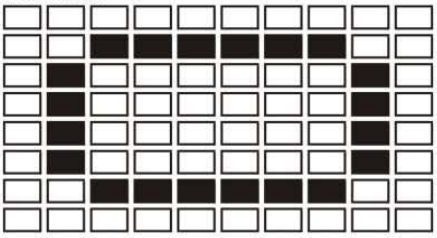
If the treadmill is turned on, and the belt is not moving, the monitor will shut off after five minutes.

Re-start :

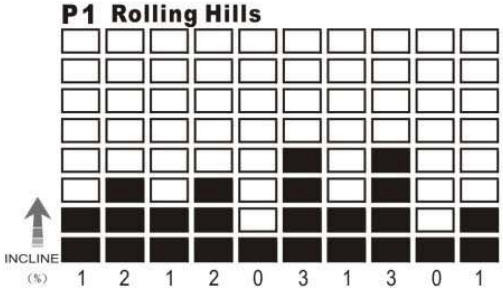
If the treadmill is stopped during use, when the START button is pressed again, the treadmill will ramp-up the speed to where it was stopped. If the treadmill is stopped for 5 minutes or more, Power is lost and the treadmill will have to be re-started.

COMPUTER PROGRAMS

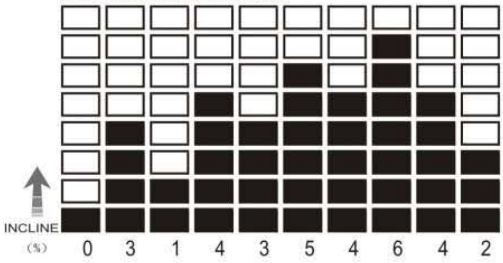
Manual



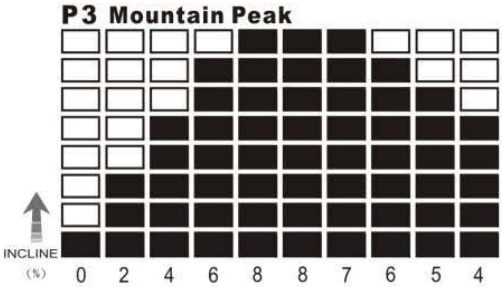
P1 Rolling Hills



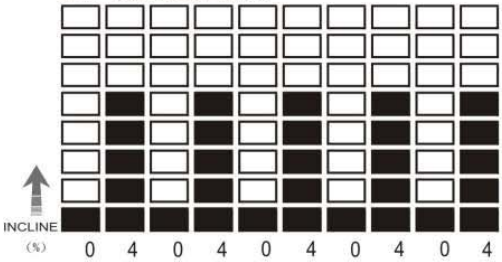
P2 Mountain Pass



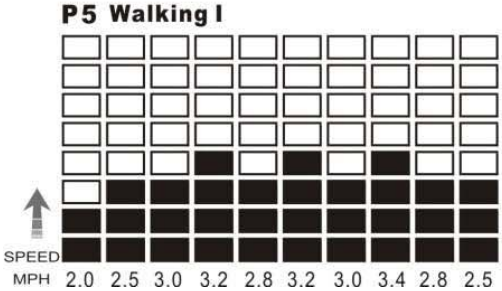
P3 Mountain Peak



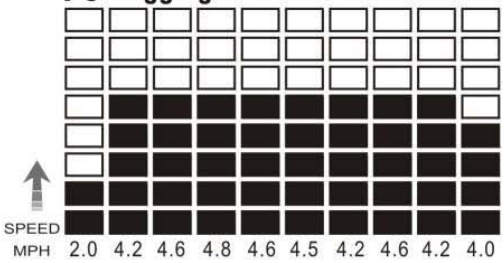
P4 Calorie Burn



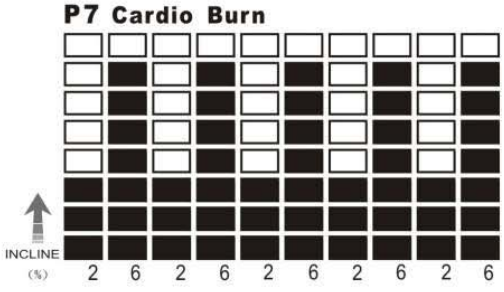
P5 Walking I



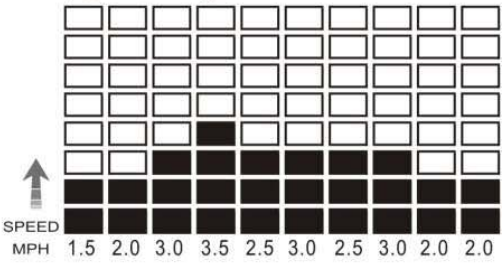
P6 Jogging



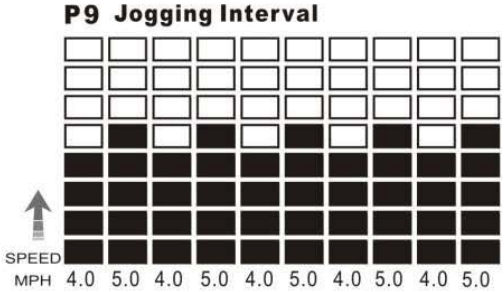
P7 Cardio Burn



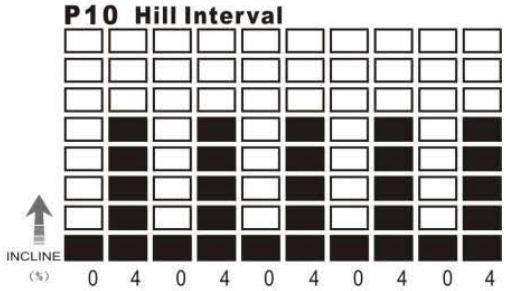
P8 Walking II



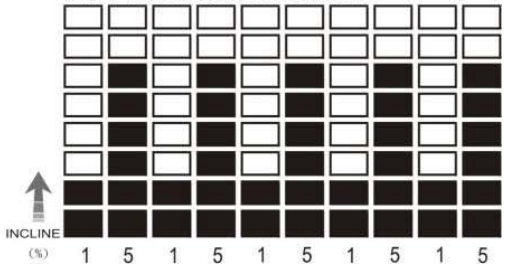
P9 Jogging Interval



P10 Hill Interval

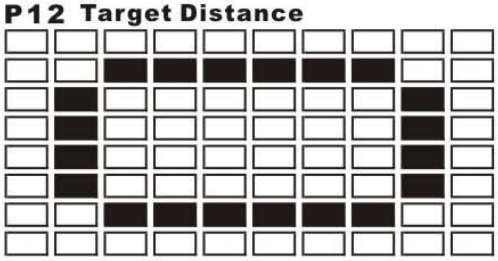


P11 Mountain Interval

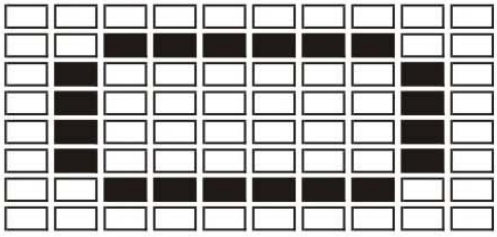


COMPUTER PROGRAMS

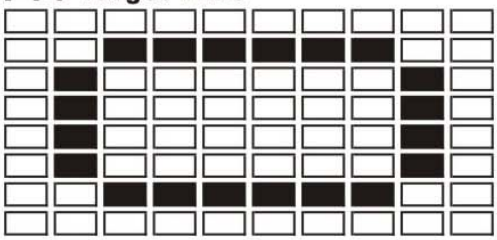
P12 Target Distance



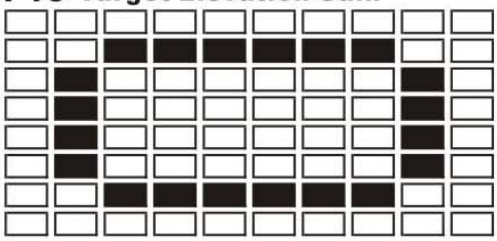
P13 Target Calories



P14 Target Time



P15 Target Elevation Gain



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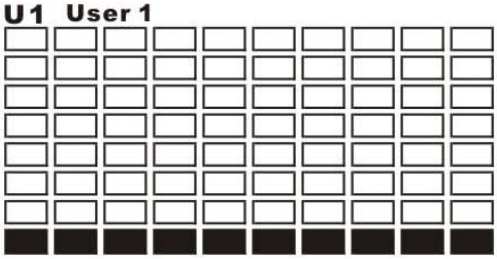
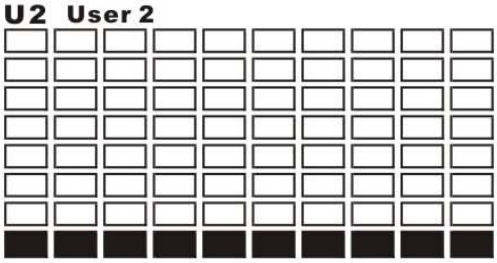
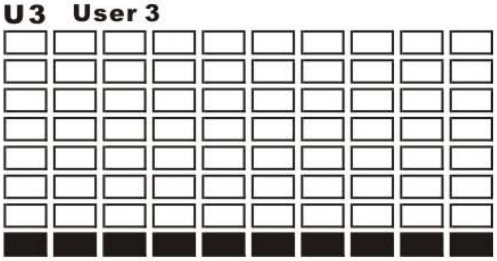


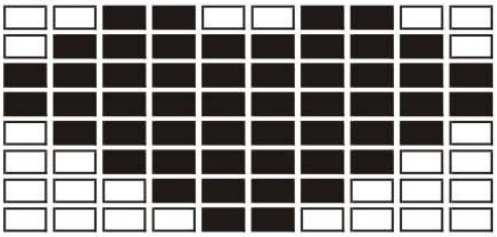
U2 User 2



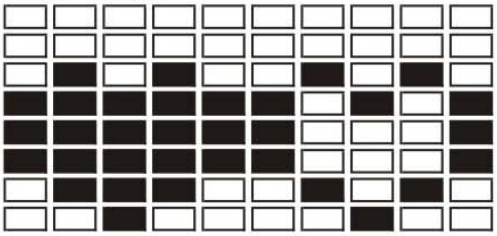
U3 User 3



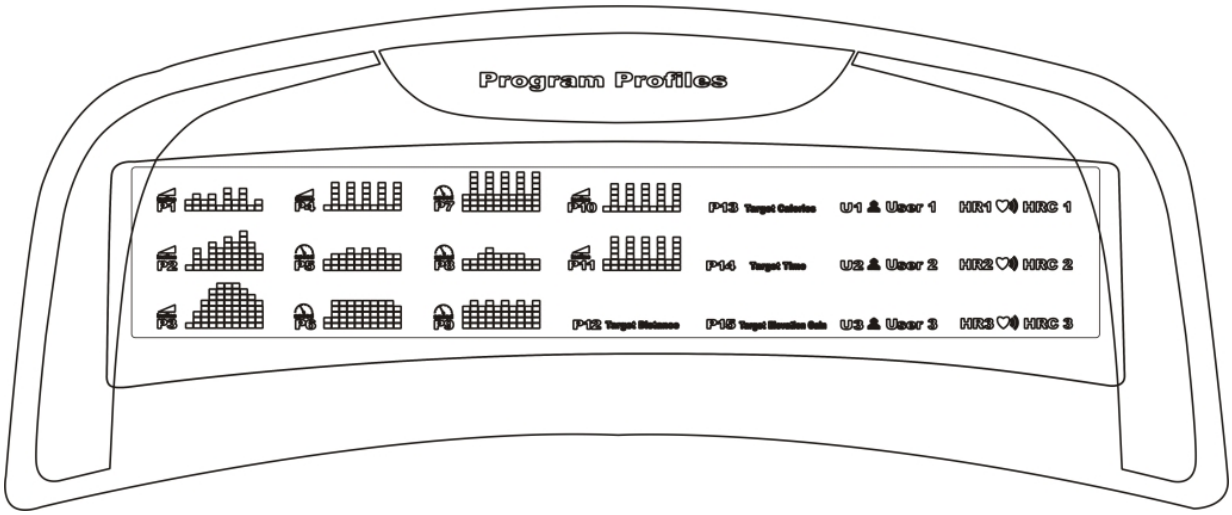
HR1 HRC 1

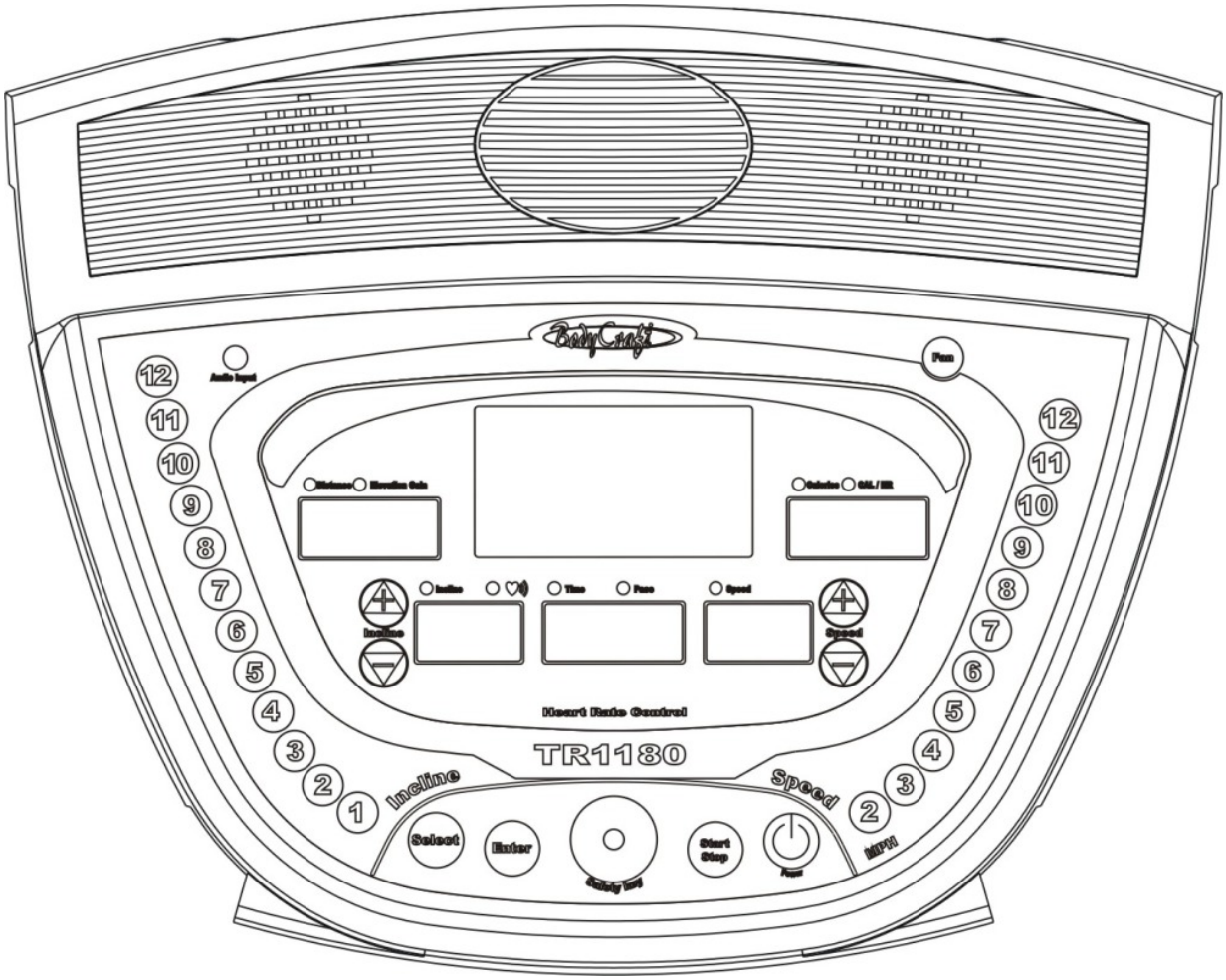


HR2 HRC 2



OPERATION GUIDE TR1180





BEFORE STARTING

Straddle the belt and stand on the plastic side rails. Place the safety key onto the circle on the overlay and attach the rope to your clothing. Do not stand on the walking belt while starting or stopping the treadmill. If you are a new user, stay at a slow speed and hold onto the handrails until you become comfortable.

KEY FUNCTIONS

Safety Key: The monitor can be operated only with the key attached to the treadmill. The monitor shuts off and the treadmill stops when this key is removed.

Major Function Keys:

POWER:

This key brings power to the treadmill and must be pressed before any other key.

START/STOP:

Starts or stops the treadmill belt.

ENTER:

This key confirms the selection of a program and also confirms the speed and incline values during the setting of a user program.

SELECT:

Press this key to choose one of the preset or user programs. The program that is chosen is indicated in the dot matrix.

SPEED +:

Increases the speed. Pressing once increases the speed 0.1 mph. Pressing and holding for two seconds will increase the speed faster. This button is also used to scroll the programs.

SPEED -:

Decreases the speed. Pressing once decreases the speed 0.1 mph. Pressing and holding for two seconds will decrease the speed faster. This button is also used to scroll the programs.

INCLINE +:
Increases the incline. This button is also used to scroll the programs.

INCLINE -:
Decreases the incline. This button is also used to scroll the programs.

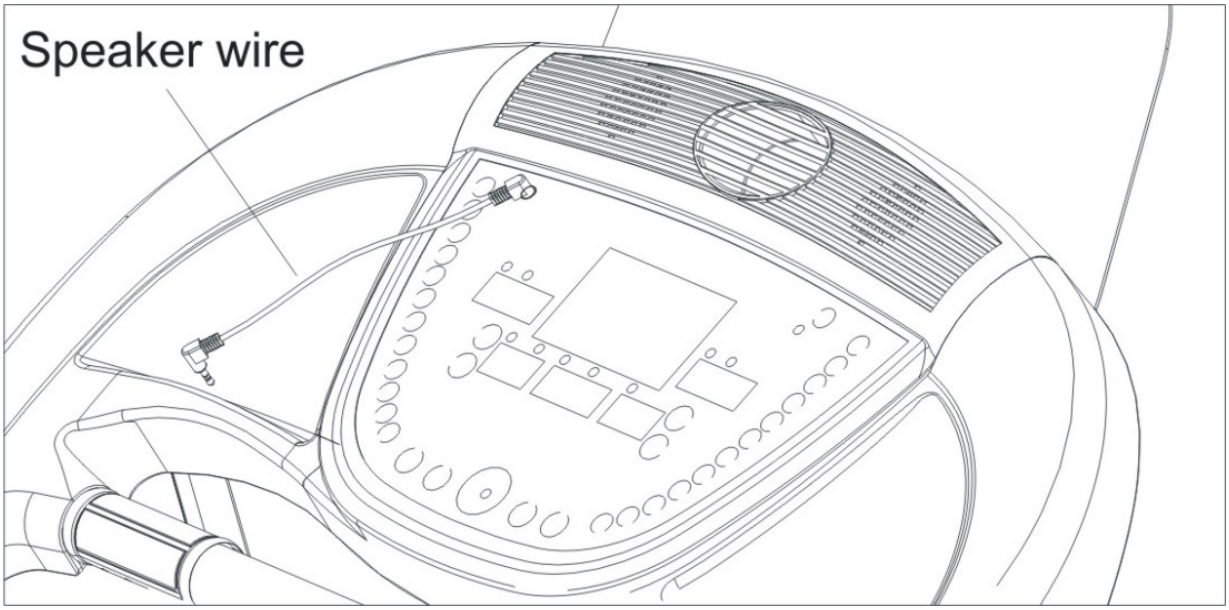
SPEED QUICK KEYS 2 – 12 MPH:
Pressing these keys gradually changes the speed to that value.

INCLINE QUICK KEYS 1 – 12 %:
Pressing these keys slowly changes the incline to that value.

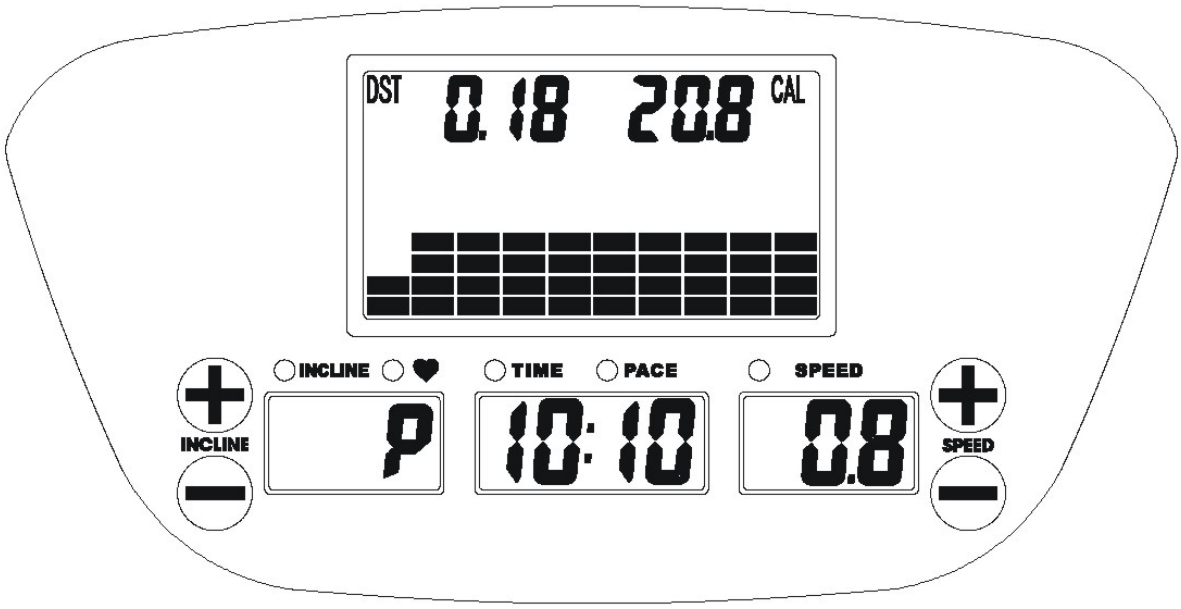
FAN:
Turns the fan on/off.

SPEAKER FUNCTION

The user can connect a MP3 or IPOD with the internal speakers using the included speaker wire.



LCD/LED DISPLAY



DISPLAYS

DOT MATRIX :

The 10x12 dot matrix reflects incline on the elevation programs (Program 1-4, 7, 10-11) and speed on the speed programs (Program 5-6, 8-9) and the user programs. On programs 12-15 and in the manual mode, the dot matrix displays a 400 meters running track.

INCLINE/PULSE :

Displays pulse rate except when elevation is changed. To get a pulse rate, place both of your hands on the pulse grip bars or use a heart rate chest strap. It is recommended to straddle the walking belt to get an accurate reading. If you are walking or jogging, it is difficult for the monitor to accurately read your pulse rate. Using a chest strap gives the user a much more accurate heart rate reading. Elevation range is from 0% to 12%.

TIME/PACE :

Shows workout Time. Time begins at 00:00 and counts up. The maximum time is 99:59. Pace is minutes per mile and is displayed when the SELECT key is pressed. When the safety key is inserted, this display shows the accumulated distance (odometer) for three seconds.

SPEED :

Displays the speed the treadmill belt is moving. Speed range is from 0.5 mph to 12 mph.

DISTANCE/ELEVATION GAIN :

Displays the distance, in miles, the treadmill belt has gone on the current workout. When SELECT key is pressed during workout, it will display Elevation in meter, the user has climbed during the current workout.

CALORIES/CALORIES PER HOUR :

Displays calories consumed. Estimated calories per hour being consumed is displayed when the SELECT key is pressed.

OPERATION INSTRUCTION (Please read carefully before using the treadmill):

Safety Tips:

To Start attach the safety key to the monitor. The treadmill will not operate without the safety key. Please clip the other end of the safety key to your clothing before exercising to ensure the machines will stop in case the user accidentally walks off the treadmill. If the user falls off the treadmill, the safety key will come off the monitor and the treadmill will stop at once to avoid further injury.

Press POWER:

This turns the electronic power on. The treadmill will not start unless POWER is pressed first.

Enter Weight:

After pressing the POWER key, WT will appear in the dot matrix and the previous user weight will appear in the Calories window. Enter the weight of the user by using the speed or incline arrow keys. Press ENTER to confirm the weight.

Manual Mode:

If you select to operate the treadmill in manual mode, press START. The treadmill will start at 0.5 mph after a 3,2,1 countdown. You may then adjust the speed and incline using the quick keys or the up/down arrow keys.

Program Mode:

After pressing POWER, choose the desired program by keep pressing SELECT key or after press SELECT then using the speed + - or incline + - keys to choose one of the 21 programs. Note the program layout appears in the dot matrix display. Press ENTER to verify the selection. Press START to begin the program. All programs have ten one-minute segments. The program repeats the ten-minute segments until the user presses STOP.

Programs:

P-1 Rolling Hills: This is an elevation program that goes from 0% to 3% grade. The speed is controlled by the user and the treadmill will start at 0.5 mph. Each minute, the elevation changes.

P-2 Mountain Pass: This is an elevation program that goes from 0% to 5% grade. The speed is controlled by the user.

P-3 Mountain Peak: This is a challenging elevation program that goes from 0% to 8% grade. The speed is controlled by the user.

P-4 Calorie Burn : This is an interval elevation program where the elevation alternates between 0% and 4%. The user controls the speed.

P-5 Walking I : This is a speed controlled program that goes up to 3.4 mph, and is an excellent program for intermediate walkers. The user controls the elevation.

P-6 Jogging: This is a speed program that varies the speed up to 4.8 mph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.

P-7 Cardio Burn: This is an interval elevation program that alternates between 2% and 6%. The user controls the speed.

P-8 Walking II : This is a speed controlled program that goes up to 3.5 mph, and is an excellent program for beginner walkers. The user controls the incline.

P-9 Jogging Interval: This is an interval speed program that has alternating rest and work intervals. The defaults are 4.0 mph and 5.0 mph. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

P-10 Hill Interval: This is an interval elevation program that has alternating rest and work intervals. The defaults are 0% and 4%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0 mph. The speed is controlled by the user.

P-11 Mountain Interval: This is an interval elevation program that has alternating rest and work intervals. The defaults are 1% and 5%. When a lower interval in changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0 mph. The speed is controlled by the user.

P-12 Target Distance: This program counts down the distance goal that the user sets before exercising. After confirming the program, the user enters the distance goal using the speed or incline arrow keys. Increments are 0.5 miles. Press ENTER to confirm the distance goal, press START, the treadmill belt starts and the user controls the speed and incline. The distance will count down in the distance window.

P-13 Target Calories: This program counts down the calorie goal that the user sets before exercising. After confirming the program, the user enters the calorie goal using the speed or incline arrow keys. Increments are 10 calories. Press ENTER to confirm the calorie goal, press START, the treadmill starts and the user controls the speed and incline. The calorie goal will count down in the Calories window.

P-14 Target Time: This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the speed or incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the treadmill starts and the user controls the speed and incline. The time goal will count down in the time window.

P-15 Target Elevation Gain: This program counts down the elevation gain goal that the user sets before exercising. After confirming the program, the user enters the elevation gain goal using the speed or incline arrow keys. Increments are 10 meters. Press ENTER to confirm the elevation gain goal, press START, the treadmill starts and the user controls the speed and incline. The elevation gain goal will count down in the elevation gain window.

U-1/U-2/U-3 User Programs: After selecting one of the user programs, press ENTER to confirm. Adjust the speed and incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the monitor will store the value of the speed and incline at the end of each segment and will retain these values.

HR-1 Weight Loss Heart Rate Program: The user must wear the heart rate chest strap to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at 65% of maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.5 mph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.

HR-2 Cardio Heart Rate Program: The user must wear the heart rate chest strap to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at 80% of maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.5 mph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.

HR-3 Interval Fat Burn Heart Rate Program: The user must wear the heart rate chest strap to use this program. After the program is confirmed, AGE appears on the dot matrix. Using the speed or incline arrow keys, the user enters his/her age. Target heart rate (THR) is computed at the interval of 60% and 75% of their maximum (220 – AGE) and appears in the heart rate window. THR can be changed at this time using the elevation keys. Press START and the treadmill starts at 0.5 mph, and the user controls in the speed. After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM). If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.

Metric/Miles:

If you want the treadmill to display the values in kiolmeters, you can switch to kilometers as follows:

1. During the power ON - manual mode, first hold the ENTER button then press the SELECT button together to enter the Engineering Mode.
2. Time window shows model no., Incline window shows software version, Distance window shows year. Calories window shows date.
3. Press ENTER button – Speed window shows ISP, Incline window shows ISP version, Time window shows 0.001, Distance window shows LDU and Calories window shows LDU version.
4. Press ENTER button again to enter KM/MILE switch mode, Press SPEED + - or ELEVATION + - to select KM or MILE.
5. Press ENTER button again and the window will show total distance.
6. Press ENTER button again and the window will show total hours.
7. Press ENTER button to go back to ON position.

Odometer:

An odometer showing accumulated distance will appear in the time window for one second when the safety key is placed on the monitor.

Time-Out:

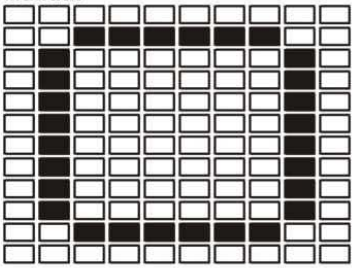
If the treadmill is turned on, and the belt is not moving, the monitor will shut off after five minutes.

Re-start :

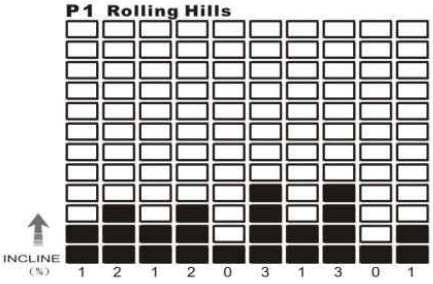
If the treadmill is stopped during use, when the START button is pressed again, the treadmill will ramp-up the speed to where it was stopped. If the treadmill is stopped for 5 minutes or more, Power is lost and the treadmill will have to be re-started.

COMPUTER PROGRAMS

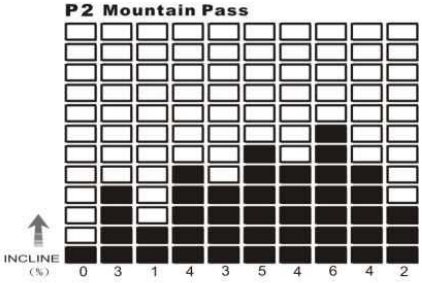
Manual



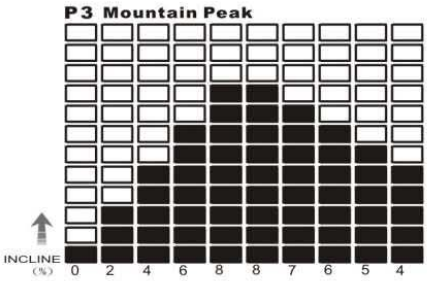
P1 Rolling Hills



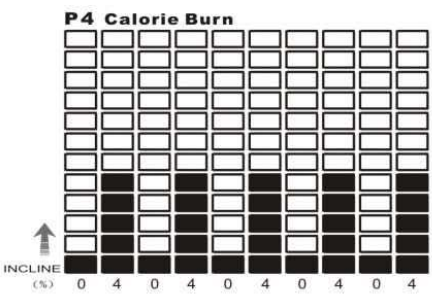
P2 Mountain Pass



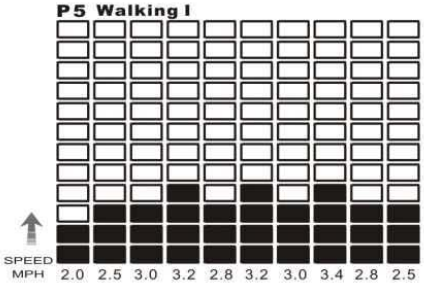
P3 Mountain Peak



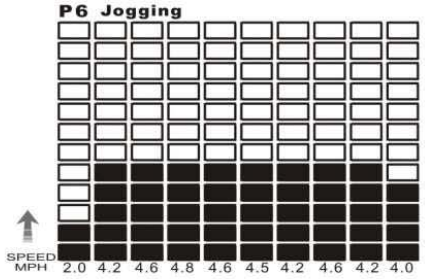
P4 Calorie Burn



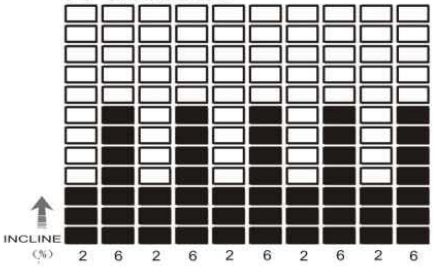
P5 Walking I



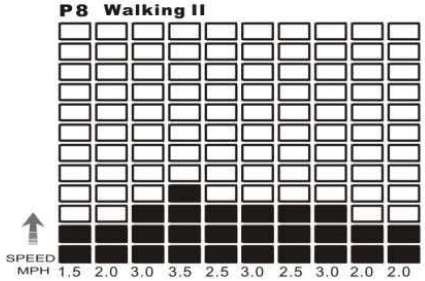
P6 Jogging



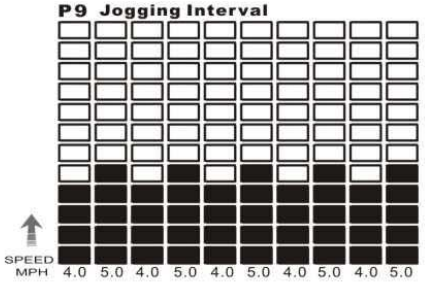
P7 Cardio Burn



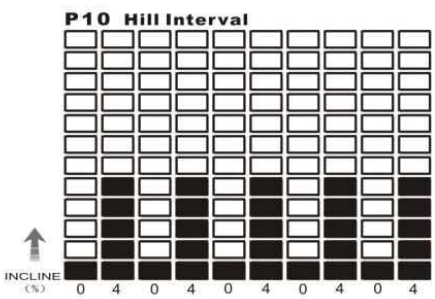
P8 Walking II



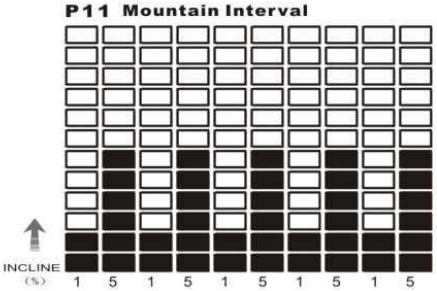
P9 Jogging Interval



P10 Hill Interval

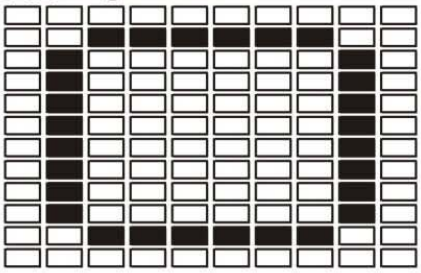


P11 Mountain Interval

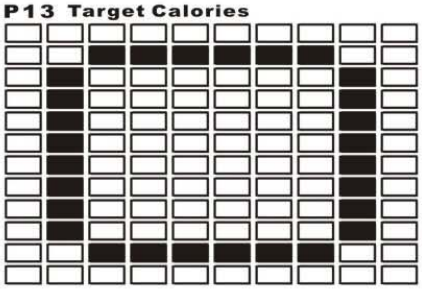


COMPUTER PROGRAMS

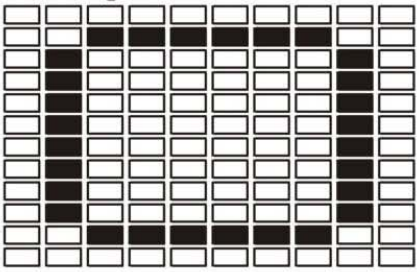
P12 Target Distance



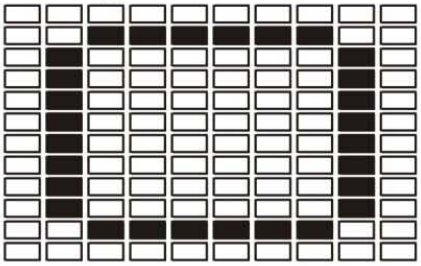
P13 Target Calories



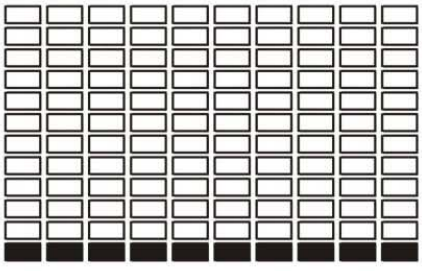
P14 Target Time



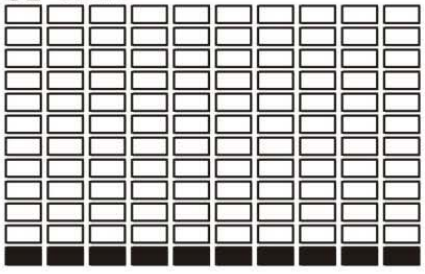
P15 Target Elevation Gain



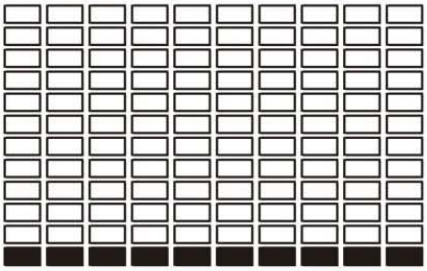
U1 User 1



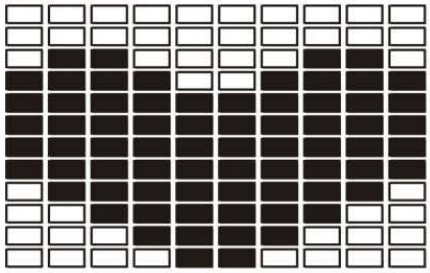
U2 User 2



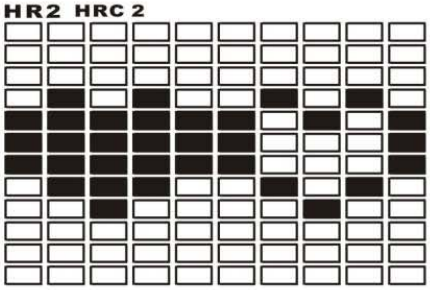
U3 User 3



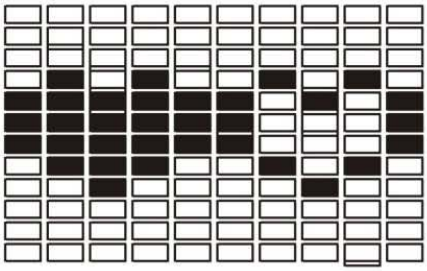
HR1 HRC 1



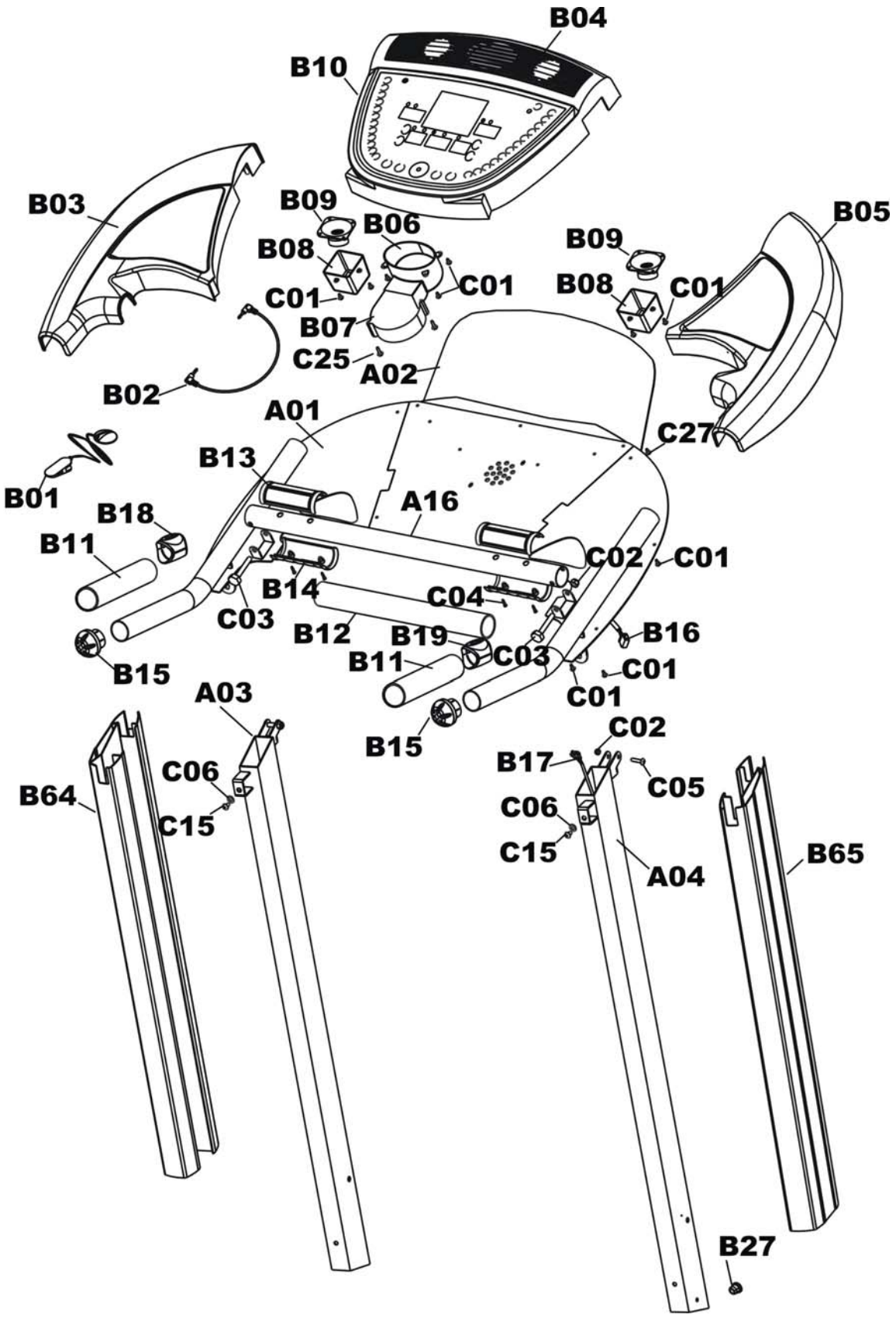
HR2 HRC 2



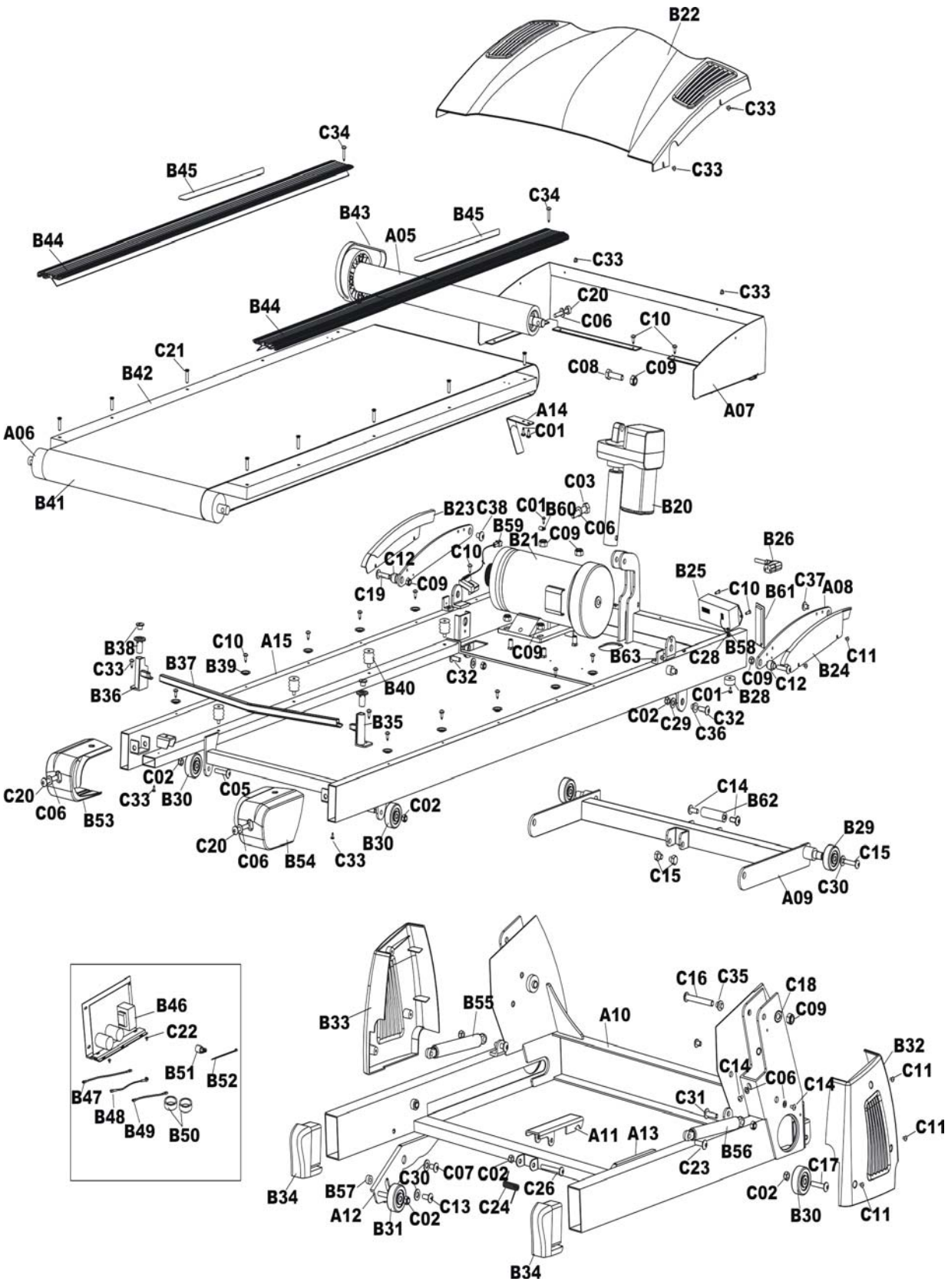
HR3 HRC 3



EXPLODED VIEW



EXPLODED VIEW



PARTS LIST

A01	CONSOLE BASE	1	B44	SIDE RAIL	2
A02	BOOK RACK	1	B45	SIDE RAIL SKID PAD	2
A03	LEFT UPRIGHT HANDLEBAR	1	B46	CONTROLLER	1
A04	RIGHT UPRIGHT HANDLEBAR	1	B47	WIRE	1
A05	FRONT ROLLER	1	B48	WIRE	1
A06	REAR ROLLER	1	B49	WIRE	1
A07	FRONT IRON PLATE	1	B50	CHOCK	2
A08	ARC BRACKET	2	B51	PLASTIC STAND	2
A09	INCLINE BRACKET	1	B52	PLASTIC FIXER	2
A10	BASE	1	B53	LEFT REAR END CAP	1
A11	FIXER	1	B54	RIGHT REAR END CAP	1
A12	LEFT WHEEL BRACKET	1	B55	LEFT SHOCK	1
A13	RIGHT WHEEL BRACKET	1	B56	RIGHT SHOCK	1
A14	BELT GUIDE	2	B57	PLASTIC WASHER	2
A15	FRAME	1	B58	GROUNDING WIRE	1
A16	HORIZONTAL HANDLEBAR	1	B59	SPEED SENSOR	1
B01	SAFETY KEY	1	B60	SENSOR PLASTIC CLIP	2
B02	MP3 WIRE	1	B61	FRONT END CAP	2
B03	LEFT CONSOLE	1	B62	INCLINE TUBE	1
B04	MIDDLE CONSOLE	1	B63	MOTOR COVER BRACKET	2
B05	RIGHT CONSOLE	1	B64	LEFT PLASTIC COVER	1
B06	FAN TUBE	1	B65	RIGHT PLASTIC COVER	1
B07	FAN	1	C01	SCREW	27
B08	TRUMPET BOX	2	C02	NUT	13
B09	TRUMPET	2	C03	SCREW	3
B10	COMPUTER	1	C04	SCREW	4
B11	HANDLEBAR FOAM GRIP	2	C05	SCREW	2
B12	HORIZONTAL HANDLEBAR FOAM GRIP	1	C06	WASHER	4
B13	HAND PULSE RECEIVER (TOP)	2	C07	SCREW	2
B14	HAND PULSE RECEIVER (BOTTOM)	2	C08	SCREW	1
B15	HANDLEBAR END CAP	2	C09	NUT	11
B16	UPPER WIRE	1	C10	SCREW	25
B17	LOWER WIRE	1	C11	SCREW	14
B18	INCLINE QUICK ACCESS KEY	1	C12	SCREW FIXING TUBE	2
B19	SPEED QUICK ACCESS KEY	1	C13	SCREW	4
B20	INCLINE MOTOR	1	C14	SCREW	10
B21	MOTOR	1	C15	SCREW	2
B22	MOTOR COVER	1	C16	SCREW	2
B23	MOTOR COVER SIDE CAP LEFT	1	C17	SCREW	4
B24	MOTOR COVER SIDE CAP RIGHT	1	C18	START WASHER	2
B25	POWER SWITCH ASSEMBLY	1	C19	SCREW	2
B26	POWER CORD	1	C20	SCREW	3
B27	WIRE GROMMET	1	C21	SCREW	10
B28	SHOCK ABSORBER	2	C22	SCREW	2
B29	INCLINE WHEEL	2	C23	SCREW	2
B30	WHEEL	4	C24	SPRING	1
B31	WHEEL	2	C25	SCREW	2
B32	RIGHT BASE SIDE CAP	1	C26	SCREW	1
B33	LEFT BASESIDE CAP	1	C27	SCREW	5
B34	BASE END CAP	2	C28	WASHER	3
B35	RIGHT OIL TANK BASE	1	C29	WASHER	2
B36	LEFT OIL TANK BASE	1	C30	WASHER	13
B37	OIL PIPE	1	C31	SCREW	2
B38	OIL TANK WITH CAP	2	C32	SCREW	2
B39	PLASTIC WASHER	8	C33	SCREW	10
B40	CUSHION	8	C34	SCREW	2
B41	RUNNING BELT	1	C35	SCREW FIXING TUBE	2
B42	RUNNING DECK	1	C36	SCREW FIXING TUBE	2
B43	MOTOR BELT	1	C37	SCREW	2

COMPUTER TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSES	CORRECTION
Treadmill will not start	1. Not plugged in. 2. Safety key not attached correctly. 3. Treadmill circuit breaker tripped. 4. On/Off Switch not turned on. 5. Auto Shut Down Time Out.	1. Plug into suitable outlet. 2. Insert safety pull pin. 3. Reset circuit breaker. 4. On/Off Switch turn on. 5. Unplug and replug electrical cord.
Treadmill belt slipping	1. Walking belt too loose 2. Deck needs lubrication.	1. Tighten walking belt. 2. Lubricate belt and deck.
Treadmill noisy	1. Loose hardware. 2. Motor straining. 3. Clicking sound – roller knocking.	1. Tighten visible screws, nuts and bolts. 2. Check bolt tension – 3 finger test. 3. Adjust rear rollers – check the tension.
Inaccurate pulse rate	1. Too much hand movement. 2. Palms too wet. 3. Gripping handgrips too tight. 4. Wearing rings.	1. Stand on side rails to obtain accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.
Inaccurate heart rate strap	1. Chest strap pick-ups not moist. 2. Electrical interference.	1. Moisten pick-ups on chest strap. 2. Keep at least six feet away from TV, computer and fluorescent lights.